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Triathlon PLUS Welcome

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“ With the odds slashed on a white Christmas, the forecast means only one thing for triathletes; grey slush making cycling outside impossible, however warm your gear.

But, we're one step ahead of the bookies and have rounded up 15 of the best turbo trainers (p60) to see which will keep your bike fitness up to speed without you having to step foot outside. While you're thinking about working-out indoors, take some time to try complex training (p38). Using sets of contrasting exercise, combining plyometric moves with more traditional strength exercises, complex training has proven to increase power and performance in triathletes.

If you're hankering after some winter sun, you'd be wise to enter our competition (p56) to win six nights in Mallorca with entry to the Powerman Duathlon in February. Sun and warmth is almost guaranteed. Plus it's a great way to keep an eye on your fitness, which as our guest club, Clapham Chasers, point out, is important. Follow their top coaches' advice on benchmarking through the colder months to ensure your PB targets don't slip off track, and pick up some nifty trail running tips to maximise your time outside.

Keep up the good work and enjoy the issue.

”

Debbi

Debbi Marco, Editor

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Don't miss this month



Winter workouts

We've got nutrition, kit and a four-week plan. There's no excuse now!



Complex training

A few basic exercises can inject power and pace to your race
P38



Trail shoes tested

Time to hit the hills with these fast paced, grippy off-roaders
P84



ON THE COVER

Vicky Holland (GBR) survives the cold to take poll position at the World Series in Edmonton. **Photo** Rich Cruse/ITU

ISSUE 87 / DECEMBER 2015

Meet the Triathlon Plus team

Get up close and personal with our team who help create your magazine packed full of news, tips and training advice.



PHIL MOSLEY

Coaching editor Phil has coached dozens of athletes to success over every distance, and competes as an elite athlete himself. As a new dad he's now learning how to fit his training in around the night shift.



GUY KESTEVEN

After years of testing metal over the pot-holed lanes of Yorkshire, our gear guru at large must have been relieved to see the introduction of carbon fibre as a mainstay of bike manufacture. It's safe to say there's barely a bike he hasn't ridden.



AMY KILPIN

Our columnist Amy is an age group long distance triathlete and a world champion qualifier in both ITU and WTC racing. She documents her triathlon success in both her Triathlon Plus column and on her website, amykilpin.co.uk.



GILL CUMMINGS-BELL

Gill is an exercise and nutrition scientist who specialises in sports nutrition management for training, performance, recovery and body weight management. Gill has been a fitness professionals' education consultant and international presenter on nutrition for more than 30 years. Gill leads the field of research in nutrition, exercise and teacher training in the UK. drummondclinic.co.uk



STEVE TREW

A leading triathlon coach and commentator, Steve has been in the game forever. You've probably heard his dulcet tones commenting on televised triathlons. You can reach him for coaching advice and details of his training camps at trew@personalbest.demon.co.uk.



FIONA DUFFY

News editor Fiona started running 15 years ago but after seven marathons (and constant injury) she switched to triathlon and has managed to remain pain-free. She's completed various distances, including a half Ironman and overcome a terror of clip-in shoes and open water in the process. She's just completed her first iron distance.

Triathlon **PLUS**

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UP TO SPEED

EVERYTHING YOU NEED TO GET YOUR MONTH OFF TO A FLYER



Elite results

Top 3 men

1. Jan Frodeno (GER)	8:14:40
2. Andreas Raelert (GER)	8:17:43
3. Tim O'Donnell (USA)	8:18:50

Top 3 women

1. Daniela Ryf (SUI)	8:57:57
2. Rachel Joyce (GBR)	9:10:59
3. Liz Blatchford (AUS)	9:14:42



The iconic Kona swim begins

IRONMAN HAT TRICK

European and World Ironman 70.3 champs Jan Frodeno and Daniela Ryf make it three in a row at the Ironman World Championships 2015

WHEN 10 OCTOBER 2015

WHERE KAILUA-KONA, HAWAII

WINNERS JAN FRODENO (GER) 8:14:40

DANIELA RYF (SUI) 8:57:57

BLISTERING TEMPERATURES on a still day couldn't stop race favourites Jan Frodeno (GER) and Daniela Ryf (SUI) from securing the Holy Grail of victories at Kona on 10 October.

Still flying high from their wins at the European and World 70.3 IM championships this summer, the duo once again took top spot on the

podiums in the iconic Hawaiian race.

Frodeno looked a strong contender from the outset among the leading swimmers who included Sebastian Kienle (GER) and GBR's Tim Don.

New Zealand's Dylan McNeice exited the water first with Frodeno and Andy Potts (USA) hot on his heels. A speedy transition saw Potts hit the bike course first but it was Frodeno who took control in the leading group along an unusually wind-free Queen K highway.

Sebastian Kienle (GER) and Ben Hoffman (USA) both took turns at the

helm but when the winds picked up on the approach to Hawi and the turnaround point Tim O'Donnell (USA) took over. He was soon caught by Frodeno and Kienle before Frodeno forged ahead at mile 90 and he never looked back.

The German entered transition 30 seconds ahead of O'Donnell and 50 seconds ahead of Kienle and held on to his lead.

Despite a brief struggle with fatigue and the relentless 31C (89F) heat (hotter than last year) in the later stages of the race, Frodeno crossed the finish line in

Hard earned victory for Ryf, Joyce and Blatchford



Back pain ended Mirinda Carfrae's Kona dreams



Where the Brits came

Top men

11th David McNamee	08:32:27
13th Joe Skipper	08:36:02
15th Tim Don	08:39:05
30th Charles Pennington	09:01:44
391st Fraser Cartmell	10:07:08

Top 3 women

2nd Rachel Joyce	09:10:59
6th Susie Cheetham	09:23:50
10th Lucy Gossage	09:28:36
DNF Leanda Cave	
DNF Jodie Swallow	



Andreas Raelert tries to keep cool

8:14:40, a clear three minutes ahead of second placer and co-patriot Andreas Raelert.

Raelert ran the race of his life and the second fastest marathon of the day to pull up from 12th place off the bike and grab a podium spot.

At 23 miles, he took on the USA's Tim O'Donnell who had been (quite literally) breathing down Frodeno's neck for much of the marathon but the American couldn't respond and finished in third topping his fifth place finish from 2013.

"I'm sorry to take it from an American again," said the German champion at the finish line. "I'm glad Tim did not have any garlic last night, he was breathing down my neck. I am just over the world."

WOMEN'S RESULTS

GB's Jodie Swallow had the swim of her life in Kona exiting the water more than a minute ahead of the chasing pack which included co-patriots Rachel Joyce and former Kona champion, Leanda Cave, and race favourite Daniela Ryf (SUI).

When defending champion Mirinda Carfrae (AUS) exited the water a full six minutes behind Swallow, it was clear that a crash in the week leading up to the race was taking its toll. Struggling with a sore

back, she eventually withdrew at the midway point of the bike.

Swallow was quickly absorbed by other racers but remained in the lead pack and proved to be the only contender capable of matching Ryf's pace until the final 35 miles when she, too, was shaken off.

Sadly, a bump in the road ended Cave's hopes of a podium place. After flying over the handlebars and suffering road rash she soldiered on until transition but was unable to start the run.

By T2 Ryf was seven minutes ahead of Swallow and a full nine minutes ahead of the next batch of chasers who included Mary Beth Ellis (USA) and Danes Camilla Pedersen and Michelle Vesterby.

At the 10 mile point of the marathon, Ryf had extended her lead to 12 minutes over Rachel Joyce who had pulled herself up to second place.

Sadly, in the second half of the run Swallow struggled and, eventually, withdrew leaving third place open to Vesterby, until she was pipped by Liz Blatchford (AUS).

Blatchford was thrilled with her bronze spot after finishing 10th last year. Vesterby was equally pleased with her fourth placing. "I told my husband I'd

give my left hand to get sixth," she said afterwards. "And look, I have both hands. The after party is going to be amazing."

Most impressive comeback of the day was Heather Jackson (USA) making her Kona debut. She ran from 14th off the bike to cross the finish line in fifth place.

But the winning spotlight remained firmly on Ryf who became the second woman ever (after Cave in 2012) to take both the 70.3 and Ironman World titles.

Vital Statistics

MEN

Fastest swim

Dylan McNeice (NZL) 50:48

Fastest bike

Maik Twelsiek (GER) 4:25:10

Fastest marathon

David McNamee (GBR) 2:49:52

WOMEN

Fastest swim

Jodie Swallow (GBR) 55:04

Fastest bike

Daniela Ryf (SUI) 04:50:46

Fastest marathon

Liz Blatchford (AUS) 3:06:25

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NEWS

HOME GROWN CHAMPIONS

The GB age-groupers did themselves proud at this year's world championships in Kona, Hawaii

JUST QUALIFYING for Kona is a dream come true for amateur Ironmen and women, but GB athletes galore secured podium spots in their age groups.

Age group F18-24 champion Lucy Charles' 52:20 swim was not only 2:44 faster than Jodie Swallow (the fastest female professional) but she also beat Andreas Raelert and Tim O'Donnell (the second and third professional men). Lucy stormed to victory 29 minutes ahead of her nearest age rival cementing her age group victory at the Ironman 70.3 champs in Austria.

"My hopes for Hawaii were ultimately to finish," Lucy told us after the race. "This was still only my third Ironman and my first one outside of the UK. But I'd be lying if I'd said I didn't want to win. I'm extremely competitive and after winning my age category at the 70.3 Worlds I wanted a repeat performance to prove my win there wasn't a fluke."

She adds: "I wasn't sure if it would be possible but I knew I would give the race absolutely everything I had."

"Most importantly I wanted to have a great swim. The fact that it's a non-wetsuit swim in Kona most definitely plays to my strength."

Lucy's attempt to set a new women's swim course record fell short by just four minutes.

"The women's swim record is around 48 minutes; I swam a time of 52:20. It must have been extremely calm conditions for anyone to swim 48 minutes. However I will be back for another attempt!"

The talented 22-year-old, who has wanted to be an athlete from an early age, says she still hasn't set a date for stepping up to the professional ranks.

"It's a tough call and to be honest I'm undecided. I am likely to turn pro within the next year or two but I've been doing triathlon for just two years. I feel I still have loads to learn."

And her final thoughts on Kona? "It was certainly everything it's made out to be – and more. It was a fantastic experience made even better by securing first place in my age group!"

Her fiancé Reece Barclay finished fifth in his category in an impressive time of 9:50:07 while in the M35-39 category, Charles Pennington finished up with the elites in an



Lucy Charles stays strong on the bike

impressive 9:01:44, narrowly missing out on a sub nine hour finish, and took second in his category.

Second places also went to Alison Rowatt (F34-39) in a breathtaking 9:57:43 and Jane Hansom (F45-49).

Richard Hobson secured a sub 10 hour finish to take fourth place in his M50-54 category, while third places went to Maxine McKinnon (F55-59), Linda Ashmore (F65-69) and Raymond Gray (M70-74).

There are too many to mention individually but age-groupers of Britain, we salute you!

GB TOP AGE-GROUPERS IN ORDER OF SUCCESS

- 1st F18-24 **Lucy Charles** 10:20:52
- 2nd F30-34 **Alison Rowatt** 9:57:43
- 2nd F45-49 **Jane Hansom** 10:31:32
- 2nd M35-39 **Charles Pennington** 9:01:44
- 3rd F50-54 **Caroline Whittaker** 11:16:40
- 3rd F55-59 **Maxine McKinnon** 11:52:33
- 3rd F65-69 **Linda Ashmore** 15:11:48
- 3rd M70-74 **Raymond Gray** 13:59:01
- 4th M50-54 **Richard Hobson** 9:54:04
- 5th M18-24 **Reece Barclay** 9:50:07

FROM TRIATHLON ZERO TO HAWAIIAN HERO

Kona first-timer, Scott Hill, 32, explains how it felt to race this year's iconic Ironman world championship



Scott attacks the notoriously tough bike leg

AFTER QUALIFYING at Ironman Wales, his second ever triathlon, Scott Hill, 32, a RAF sergeant, found himself lined up on the beach at Kona ready to do battle with the world's leading long-distance triathletes. As the cannons for the elites went off, it was time for Scott to enter the water and start the toughest race of his life.

"Everyone was stressing out trying to get into the best possible position," explains Scott. "This meant pushing and pulling, a theme that continued for the 2.4 mile swim. I had not been bashed about so much before. It was craziness. Due to all the best triathletes in the world being in one location, it meant all were around the same pace."

Battling his way through a packed T1, Scott embarked on the 112 mile bike ride.

"The wind for some reason had decided to do the opposite to normal. Today, rather than

a tale wind, we had a head wind both ways. "Add to that the open exposed roads with lava rock holding and extracting heat, it made for a long five hours," recalls Scott. "My nutrition and fluid intake was spot-on during the bike phase and it enabled me to go into the run with the best possible chance of survival.

"Temperatures exceeded 40 degrees and humidity of 90 per cent made it quite possibly the hardest thing I have done to date. Every aid station I was chucking cups of ice down my tri-suit as well as taking on as much fluid as possible to keep my core temperature low. As I ran into the natural energy lab where it is known to be even hotter and more exposed to the elements, I saw exhausted bodies at the side of the road where they had fallen victim to Ironman Kona. Surprisingly I still felt good, until

21.6 miles where sudden cramp in both hamstrings took me out of the race for a few minutes. Luckily a bystander was able to help me stretch out.

"The last mile was quite emotional and one that still brings a tear to my eye. The support and overwhelming feeling of success as I ran down onto the finishing carpet and being called an Ironman on the world stage was quite unreal and one I still can not believe considering I only started triathlon a year before.

"I completed the race in 10 hours, 7 minutes and 35 seconds, and was the first military person over the line. Plus I was seventh GB male in my age-group.

"I want to thank all those that have helped me on this journey. My goal is to meet many more high expectations and hopefully race Kona again."

NEWS IN BRIEF

BIG NEWS MADE SMALL

PARDON ME, SIR

Chattanooga, Tennessee, has been selected as the host city for the 2017 IRONMAN 70.3 World Championship. The championships will form a two-day event with the professional and age-group women racing on 9 September and the professional and age-group men racing on 10 September. Meanwhile, next year's event shifts to the southern hemisphere taking place in Queensland, Australia.

CARIBBEAN QUEEN

There's no stopping Natalie Seymour, featured in On a Roll last issue. The former international hockey player has added the Snowman to her run of victories in the Always Aim High series this year. As a result she's been crowned the Always Aim High Tri Series women's champion, bagging herself an entry to Nevis triathlon in the Caribbean on 14 November. Ewan Brown took the men's title.

CHALLENGE BAHRAIN CANCELLED

Challenge Bahrain has announced the race on 20 November has been cancelled due to issues regarding the road traffic safety permit for the race. General manager, Mikel Calahorra, said: "We felt it was in the interest of the athletes that we cancel the race." All registered athletes have been contacted directly with regards to the registration fee.

Words Fiona Duffy

NEWS

TOMORROW'S TRI WORLD

How technology is transforming your race at the touch of a button

IT'S HARD to believe that, just a few years ago, we were getting by with a stopwatch and clipboard. These days, affordable technology is transforming our training and performances come race day.

Kieran Alger, fitness expert for Wareable says: "There are new devices emerging monthly that reveal ever more detailed statistics about our individual performance with the potential to turn every one of us into our own coach.

"For example, the BSX Insight is a new monitor that tracks lactate levels so you can see when you're hitting your threshold during training rides.

"Garmin's range of new swimming heart rate monitors are capturing new insights in the pool and products like the Moov Now are giving us real time run coaching to improve form."

According to Kieran, it's just the start of things to come. "We're still waiting for smart garments to make always-on tracking a reality and we've been promised wearables that can read blood glucose levels and could be used to help athletes understand when it's the optimum time to refuel."

As well as optimising training, high-tech bods have also been busy designing gadgets to keep us safer while we workout.

Garmin International has just launched a line of smart cycling devices (from £159.99 each).

The Varia rear view bike radar warns cyclists of vehicles approaching from up to 140 metres behind and increases in brightness to warn drivers that a cyclist is just ahead. While the smart headlight beam automatically projects further ahead at faster speeds and closer as a rider's speed decreases,



An Xmetrics wearable tracker

lighting the road where cyclists need it the most.

Triathletes training alone or racing in remote areas can now alert emergency services at the push of a button thanks to the SPOT Gen 3, a rugged, handheld, satellite device (findmespot.eu). The device is now used in the Marathon des Sables race across the Sahara so organisers can track runners.

Swim trackers are also entering a new realm with the launch of the Xmetrics, a wearable activity tracker that sits on the back of your head as opposed to a watch worn on the wrist which requires stopping to check progress.

Real time audio feedback via headphones, offers a wealth of data on every single stroke and lap enabling the swimmer to identify weak spots and continually make improvements in training, along with all the usual post-swim analysis software.

The Ironman World Championships in Kona also saw the launch of the Stryd, the world's first wearable running power meter (from \$179). It works by measuring a runner's 3D movement through space taking into account the conditions of the run such as steep hills. By syncing with your sports watch or mobile you can get immediate feedback both during training and racing.

Of course, you can't talk advances in technology without mentioning the SRAM Red eTap wireless shifting system that is creating a buzz in cycling and triathlon circles. By doing away with traditional cable routing and wires riders will be able to shift gear simply by pressing a blip or button placed anywhere on the bike you like.

All we need now are self-racking bikes and dry-in-an-instant wetsuits.

> GB AGE-GROUPERS WON 21 MEDALS AT DUATHLON WORLD CHAMPIONSHIPS

NEWS

KEEPING IT CLEAN

While doping continues to be big news in the athletic world steps are being taken to ensure triathlon is, and remains, drug free



THIS AUTUMN, the International Triathlon Union (ITU) joined the World Anti-Doping Agency (WADA) to launch the Legacy Outreach Program at the high-profile World Triathlon Grand Final in Chicago.

The program was created to provide additional support to International Federations in developing and delivering anti-doping athlete awareness programs.

"It is hugely promising to see the ITU adopt the program," said WADA President, Sir Craig Reedie.

"This type of initiative, using social media and other communication channels to spread the clean sport message, is one of the best ways to promote clean sport.

"I have no doubt that the ITU will be effective in carrying forward the message that doping

is dangerous, threatens the very integrity of their sport and that clean athletes are pivotal to all they do," added Reedie.

The program, jointly run by WADA and the ITU, has adopted the catchphrase "Love Triathlon – Love Clean Sport".

Athletes, volunteers and the Legacy Outreach team interacted with athletes, coaches and tri personnel on a one-on-one basis, providing them with information on every aspect of anti-doping.

As part of the campaign, the ITU launched a social media campaign highlighting the reasons why athletes love clean sport and why a level playing field is important to them.

Competitors were also able to pledge their loyalty to clean sport by signing the Clean Sport Pledge, an initiative that proved hugely popular at the FIS Legacy Outreach event earlier in 2015.

"As elite athletes, it's

important for us to know that our competitors and our sport are clean, because it keeps the playing field equal and fair," says Reedie.

Meanwhile, Ironman used the platform of the World Championships in Kona to launch the sixth annual "I am true" day, another outreach program in association with WADA to protect the integrity of racing around the world through outreach activities and testing.

British Triathlon is currently discussing ways of making more resources available so that all athletes, elite and age-groupers, understand their responsibilities.

To find out more on doping rules including a list of banned substances, who to speak to for advice, what happens in tests and how to report doping log onto britishtriathlon.org/about/anti-doping

TOP FORM

JENSON BUTTON

won the Hermosa Beach Tri a week after the Russian Grand Prix

EMMA PALLANT

won the ITU World Duathlon Championships 2015

SEAN ASTIN aka

Hobbit Samwise Gamgee completed Ironman Kona in 15 hrs 30mins

YORKSHIRE

is a finalist for VisitEngland's home of sport

A GREAT

White shark was spotted in the bay the day before the Alcatraz triathlon

GORDON RAMSAY

pulled out of Ironman World Champs due to dehydration on the bike leg

RIO'S OLYMPIC

Committee ruled out viral testing aquatic sites despite sewage fears

CHALLENGE

Family has announced the end of Challenge Weymouth



ON OUR RADAR

BIOFREEZE

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A bag of frozen peas isn't the most practical thing to have in your kit

bag, but a slim tube of Biofreeze certainly is. Just like the application of ice to an injury, Biofreeze helps to reduce inflammation, aches, pains, soreness and sprains. You can also use to massage strained muscles. It's available in a gel, roller or spray so take your pick.



PROVIS PIXELITE CYCLING JACKET

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When the cold dark weather draws in, it's time to boost your kit to include items that keep you both warm and safe. Which is why we're giving away two of these high performance Pixelite cycling jackets worth £120 each. The jacket will protect you from the elements, and has great reflective strips to make sure you're seen in the dwindling light. The three layers ensure it is not only windproof but breathable too, making it ideal to see you through the winter months.

TO WIN ENTER VIA
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GARMIN HRM-TRI MONITOR

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Winter is the perfect time to increase your pool sessions but the lack of data can be frustrating. Garmin are, as always, one step ahead and have introduced an underwater heart monitor that keeps track of how hard you're working. The clever device logs your heart rate as you swim. To connect it to a compatible watch simply lift your body so the strap is out of the water and it will download immediately, allowing you to check up on your zones mid-session.



KINETICA PROTEIN+ BAR

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kineticasports.com

When you're putting in the miles, a tasty energy bar can make all the difference to your training. Kinetica Sports has just launched a new Protein+ bar. The 20g high-quality protein bar is rich in fibre and available in two flavours, choc orange with a dark chocolate coating, and toffee with a milk chocolate coating. What better reason to pull on your kit?



WE BRING YOU THE BEST TRIATHLON PRODUCTS AND LATEST GEAR TO HIT THE SCENE

NEW BALANCE VAZEE PACE

£100 newbalance.co.uk

If you're looking for a combination of speed and style in your new running shoes, take the time to pull on a pair of New Balance Vazee Pace. The design allows for all the flexibility you need in the forefoot, while the midfoot wrap is snug without feeling

suffocating, and the heel still has plenty of support. In three colourways including blue and orange for men and yellow for women, they'll cheer up any mid-winter run. Best of all, we have two pairs to give away.

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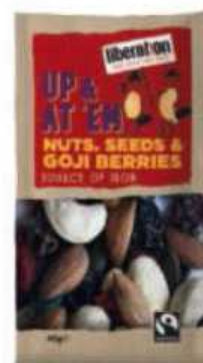


LIBERATION FOOD SNACKS

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Take a tip from the squirrels and start snacking on nuts for a healthy protein-packed energy boost. These perfectly proportioned Fairtrade snack bags have the balance of fruit, nuts and dark chocolate sorted so you don't over-indulge but aren't left wandering over to the biscuit tin for a boost. Choose from three mixes; Up & At 'Em, a mix of nuts, seeds and goji Berries

Give Me Strength, a mix of nuts or Get Up & Glow, which has nuts, pear, dark chocolate and ginger.



NIGHT BRIGHT

£28.95 nite-bright.co.uk

You're training doesn't stop just because the sun has decided to put it's feet up during the winter, so you might need to think about some serious safety issues while training in the dark. Being seen isn't always the most stylish option but we find being alive is preferable to the alternatives. NiteBright has come up with a lightweight LED panel which is visible from over 200m to ensure, whether you're cycling or running, other road-users will be able to see you. It uses a unique lightweight LED system weighing only 148g. You can buy the panel separately to attach to clothes or bags, or buy the complete system.

NITEBRIGHT IS OFFERING ALL TRIATHLON PLUS READERS 10% OFF. SIMPLY ENTER **TRIMAG10** AT CHECKOUT.



STNKY BAGS

£20 stnkybags.co.uk

It's the season of mud and trail runs, which obviously results in some pretty filthy kit. While we don't mind getting covered, we'd rather it didn't coat our car or carpets so we're pleased Stnky has just released some clever kit and shoe bags. Best of all you can put the liner in your washing machine, which ensures dirt and smells will not linger long.

ON A
ROLL

SECRETS OF SUCCESS

TRI
TRICK

SIMPLIFYING SUPPLEMENTS



SHARE FORRESTER

IN SIX YEARS, SHARE HAS GONE FROM WALKING THE DOG TO COMPETING AT FOUR IRONMAN WORLD CHAMPIONSHIPS...



SHARE FORRESTER

Age 56 **Home** Stafford **Day job** Former air hostess and sales executive **Career highlights** Age group winner (55-59) for Ironman Wales, UK, 70.3 Wimbleball and Staffordshire. Ironman Gold All World Athlete 2014

SIX YEARS ago, around the time of my 50th birthday, I was hit by a viral infection. While recovering I decided to reassess my whole lifestyle. My husband Trevor bought me a dog called Jack and I started taking him for runs. After joining a local running club I did five London Marathons. My fastest time was 3:37 in 2013.

I heard about triathlon so I hired a bike and joined Stafford Tri Club.

I started off doing sprints, then Olympic distances, and came first in my age group in every race. When someone

first suggested an Ironman my initial response was "112 miles on the bike? That's a long distance in a car!"

But I've always been up for a challenge and my first Ironman was in Tenby, Wales in 2011 where I finished in 14:15, sixth in my category. Ironman is all about training, determination and nutrition, so I was able to make improvements. The following year I reduced my time to 13:21:09.

Last year, I won my age groups (55-59) at both Ironman UK, in Bolton in 13:37 and IM Wales 14:16:57,

and qualified for the Ironman world championships. At Kona, I struggled with the heat and nutrition, and ended up finishing in 15:45:33.

I was made an Ironman Gold All World Athlete 2014 for completing all three races, which put me first in the country and fifth globally for my age group.

I really wanted to give Kona another go and this year I finished 34th in my age group in a time of 14:18:42.

I don't know if I'll be doing Ironman events in 20 years time, but I'm always striving for the next challenge.

The new Uniquely You service from Healthspan will definitely make a triathlete's life easier when it comes to choosing supplements.

After assessing your diet, lifestyle and health concerns nutrition experts devise a tailor-made package of supplements ensuring you don't exceed any recommended levels. Each day's quota comes in handy tear-off sealed packs for easy packing.

News editor Fiona Duffy swore by her prescription in the run up to The Outlaw this summer. Her recommended supplements included Soy Isoflavones, Opti-Omega 3 and MultiVitality Gold. The service costs from £1 a day with monthly packs delivered automatically. Visit healthspan.co.uk

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TRI TRICK

HANGOVER FREE ZONE

Take it easy if you're not used to the demon drink this festive season, warns nutritionist Ella Allred (nutricentre.com).

"Minimal drinkers don't have as many alcohol metabolites as regular drinkers. This means it stays in your system for longer, and you'll become tipsy or drunk much quicker than your alcohol-hardened friends.

"Don't mix alcohol, and drink plenty of electrolyte-enriched water in between drinks. Rehydrate yourself the next morning with coconut water. Take a walk or do gentle stretching to get blood flowing through your liver to aid detox. Avoid strenuous workouts as they'll further stress and dehydrate your body."

RACE THIS

THE BEST PLACES TO TEST YOURSELF

DETAILS

What Eastbourne Triathlon
When 12 June 2016
Where Eastbourne, East Sussex



THE EASTBOURNE TRIATHLON

Oh, we do like to race beside the seaside...

BRIGHTEN UP a bleak midwinter by looking ahead to a great British day out next summer. The inaugural Eastbourne triathlon launches next June and is already set to become a firm fixture on the annual racing calendar.

The seaside town will host a triathlon, aquabike and SUP (stand up paddling) event, both starting and finishing on the pretty promenade at Western Lawns.

With the race venue flanked by the iconic historic pier and South Downs national park, the course takes in all the natural beauty of the surrounding area and promenade, plus a challenging ascent up Beachy Head which will leave you breathless in more ways than one.

The triathlon begins with a 600m bracing sea swim, before competitors head off for a 25km ride that takes in the Seven Sisters (part of the South Downs

national park and an area of outstanding beauty), a feisty but picturesque climb up Beachy Head road before descending back to Grand Parade and a fast beach road sweep into transition.

For the final part of the race, expect a 5.3km run with a twist, taking in the tough climbing start to the Beachy Head marathon and ending with a fast, flat, spectator-friendly, prom finish.

The race HQ located on the seafront, will include an athlete village with music, food, drink, registration area, transition, expo and charities area.

Organisers have promised a £1,000 prize purse if the triathlon race capacity of 300 is met. Homegrown international triathlete Yvette Grice is already on the starting list.

Individual entry starts at £54 or from £84 for a relay team triathlon entry. For more details see eastbournetriathlon.com

THEY SAY...

Richard Campbell race director and managing director of Beyond Sport Marketing

“As a town already blessed with notable sports events such as the Beachy Head marathon, Eastbourne half marathon, Eastbourne cycling festival and Eastbourne Extreme, a professionally organised and exciting triathlon can only add to the list of attractions bringing visitors to the town. This event will ensure Eastbourne gets the triathlon event it deserves.”

HAPPY CHRISTMAS!

Beyond Sport Marketing is offering a 10 per cent discount to Triathlon Plus readers valid until 15 January 2016. Enter TriPlus10 as a promotional code when entering online

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Gauntlet middle distance

Top 3 men

1. Ashley Hurdman	4:47:14
2. Brennan Townshend	4:48:04
3. Pete Dyson	4:51:28

Top 3 women

1. Kim Morrison	5:22:36
2. Ruth Purbrook	5:41:26
3. Kate Mactear	5:52:21

**Hever Castle triathlon
(Olympic distance)**

Top 3 men

1. Calum Johnson	2:02:30
2. Sam Wade	2:03:15
3. Liam Lloyd	2:07:19

Top 3 women

1. Catherine Jameson	2:18:31
2. Sarah Lewis	2:21:38
3. Hannah Kitchen	2:25:25

HEVER CASTLE TRIATHLON

Newcomers laid siege to Hever Castle snatching some dramatic victories

WHAT HEVER CASTLE TRIATHLON
WHEN 26/27 SEPTEMBER 2015
WHERE HEVER CASTLE, KENT

THERE'S nothing like a relative unknown smashing a race to live things up. Ashley Hurdman stormed Hever Castle to snatch the Gauntlet from elites, rounding off his victory with a dramatic finish-line collapse. Hurdman has earned a clutch of impressive wins at shorter distances but this was his debut performance at the half ironman distance and he excelled himself.

Hurdman was third out of the lake and river loop behind William Cowen and Neil Eddy before taking the lead on the bike.

But with former professional biker and fellow debutante, Brennan Townshend hot on his heels, Hurdman was pushed every step of the way.

He crossed the finish line in 4:47:14 less

than minute ahead of Townshend, (4:48:04) with Pete Dyson taking third place (4:51:28)

Hurdman finished ahead of top elites who suffered in the conditions. Cedric Lassonde and Matt Dewis would DNF while Darren Jenkins could only manage 8th place after a long season.

Hurdman said: "It was a great race. I found myself in the lead and I just hung on. I've been taking triathlon a bit more seriously this year and I want to dedicate this win to my coach. The support and atmosphere is amazing."

Brennan Townshend was equally thrilled with his silver. "It was completely awesome. The off-road run is my favourite, so it's ideal for me. I'm coming back for the whole Series next year and maybe even the full Bastion in 2017!"

In the women's middle-distance event Kim Morrison, the European age-group champion, was making her elite debut, and set the tone for what could be a very

successful professional career with a win.

She led from start to finish, storming home in 5:22:36 with a huge gap of almost 20 minutes ahead of her nearest rivals, Ruth Purbrook who finished in 5:41:26 and Kate Mactear third in 5:52:21.

Altogether, thousands competed in a variety of swim, bike and run distances over the weekend.

The Hever Castle Triathlon (Olympic distance race) attracted elite athletes including Commonwealth Games triathlete Liam Lloyd (see On a Roll, page 18), international champion Catherine Jameson and world aquathlon champion Hannah Kitchen.

Despite forging an early lead on the swim and bike Sam Wade was unable to hold onto the position and was piped to the finish line by Calum Johnson in 2:02:30. Wade followed 45 seconds behind with Lloyd taking third place on the podium with a time of 2:07:19.



ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS

Mud, muck and medals dominated this off-road championship race in Sardegna, Italy

WHAT ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS

WHEN: 26 SEPTEMBER 2015

WHERE: CALA GINEPRO, SARDEGNA, ITALY

BERMUDIAN Flora Duffy blazed a winning trail through the Cross Tri World Championships leaving rivals in a swirl of dust. Determined to improve on her silver position last year, Duffy surged ahead and exited the water almost a minute and a half ahead of her nearest rival Barbara Riveros.

After a fast-as-lightning transition, Duffy set off on her strongest discipline and increased her lead to almost two minutes on the bike handling the rough, tough, sandy tracks with ease.

Behind her, the battle was on for the remaining podium places as Barbara Riveros (CHI) and Brigitta Poor (HUN) slugged it out with Carina Wasle (AUT).

As the race progressed, defending champion Kathrin Muller (GER) slid further down the ranks, finishing the bike 13 minutes

behind Duffy and out of medal contention.

On the run, Duffy maintained her lead with the fastest run split of the day and crossed the line triumphantly in a time of 2:25:56, almost four minutes ahead of Riveros. (Duffy lost out to Riveros at the Pan Am Games in July so victory must have been all the sweeter.)

Poor took bronze medal in 2:38:10, while GBR's Jacqueline Slack came in fourth. Last year's champ Muller, crossed the line in 13th place.

It was the second victory for Duffy this year following her win at the XTERRA Mountain Championship in July just one week after her bronze medal at the Pan Am Games.

In the men's race, defending champion Ruben Ruzafa (ESP) clawed his way back from a slow swim, which saw him heading into transition two minutes behind Germany's Jens Roth, who had the fastest swim of the day.

He ploughed through the field to take the lead on the bike but was given a run for his money by Francisco Serrano (MEX) who

narrowed the gap on the run finishing just 26 seconds behind the Spaniard.

Sam Osborne (NZL) worked his way up the field on the run to take third spot. Three times World Champion Conrad Stoltz (RSA), also known as the Caveman, was unable to build on his silver place in the 2015 Bohinj ETU TNatura Cross Triathlon European Cup earlier in September. He finished in 16th place and sadly announced it was his last World Championship.

Elite results

Top 3 men

1. Ruben Ruzafa (ESP)	2:13:11
2. Francisco Serrano (MEX)	2:13:38
3. Sam Osborne (NZL)	2:16:02

Top 3 women

1. Flora Duffy (BER)	2:25:56
2. Barbara Riveros (CHI)	2:29:46
3. Brigitta Poor (HUN)	2:38:10



IT'S ALL IN THE BLOOD

What's really going on with your body, asks age-grouper **Amy Kilpin**

It's all well and good scrutinising your heart rate every day and knocking back recovery drinks, but how is your body really coping with all the training and racing stress you've been putting it under?

I've been quite good at factoring in rest this season. Due to the high volume of racing, I've been stricter about rest days and have even taken a whole week off training a couple of times throughout the year. I didn't want to end up in the same state of end-of-season fatigue as last year – it wasn't pretty! What's more, I've been careful to recover sufficiently from races by eating the right things and supplementing with key vitamins and minerals. You've got to look after yourself or illness and injury will be in rapid pursuit.

However, you can feel fit and healthy, but still not be able to get your heart rate up to where it should be, or recover quite as quickly

from sessions as you might like to. I've had this before. Ultimately, you might not be performing at your potential.

I decided to find out if I was performing at my best. Venturing beyond the conventional and more palpable health signals is a company called InDurance, which provides comprehensive blood profiling for athletes. Your blood is tested and analysed, then benchmarked against where the requirements should be for an athlete (which are higher than those of a "normal" person).

I took the tests towards the latter part of my season, when my body was in the most demanding environment it would experience all year. I braced myself to expect deficiencies.

The tests are incredibly comprehensive. They take into account a vast profile of the blood cell components, such as haemoglobin, haematocrit (the volume

percentage of red blood cells in blood), zinc, iron storage, folic acid and a lot of things I can't even pronounce let alone spell. They produce more thorough and accurate results than a GP would offer.

So, the results? As it happens, they were slightly disappointingly. I couldn't really improve. I was within the performance range of pretty much most of these metrics with no significant depletions or deficiencies.

Most surprisingly, my red cell function was described as "excellent, with a good vibrant haemoglobin and haematocrit at a very difficult stage of the season."

Apparently, this is quite uncommon as midseason is when athletes most often get tired, and borderline anaemia (a decrease in the number of red blood cells in the blood) can appear on the profile.

I was told by Dr Will Mangar, InDurance medical director, that I am "probably genetically predisposed for endurance sports", hence my high haemoglobin and haematocrit. Isn't genetics one of those things you can use as a great excuse? In all seriousness, I was delighted to hear this. Right after I'd picked my jaw off the floor.

I would never have imagined I had any genetic predisposition towards sporting ability. None of my family is sporty and I never really participated in any sport growing up. This was great and weird in equal measure.

Then Dr Mangar found out I was a vegetarian. He was surprised. My tests came back with a strong mineral profile, apparently testament to a very good diet. I must be doing something right then. It was very encouraging to hear that I had been eating the right things, and that I was strong on the inside too. I rarely get ill, so I guess that's another indicator.

I was almost disappointed that we didn't find anything we could address. I was looking forward to seeing what difference it could make. Although it's reassuring to know that even in the middle of a tough race season, I am posting a supremely strong blood profile. Knowing that you are doing everything you can on the outside to keep in the best form imaginable, and for that to be translating internally too, is much of what you require to be a successful athlete.

It might produce marginal gains but if you have concerns about your performance or you want to put your mind at rest, blood profiling provides a pretty interesting insight into your body.

I now know that I can enter my off-season after a strong year of racing with no health worries and I can focus on the right things. After all, it's what's on the inside that counts in the end.

Amy was tested by InDurance (indurance.co.uk). Prices start at £65.



Giant

LIV AVOW ADVANCED PRO

Finally a triathlon bike designed especially for women

Apart from the obvious differences between the genders, women's bodies differ from men's when it comes to cycling in that they generally have longer legs, shorter bodies and a shorter reach.

Now Liv, Giant's women's cycling brand, has launched a women's specific, performance triathlon bike based on findings from global body dimension studies and body composition data.

Not only does the bike look breathtaking, and step away from the white and pale colourways usually found on ladies' steeds, it is everything

you'd expect from a top-end tri bike.

It is lightweight and aerodynamic, with frame geometry and adjustability that promises to keep you fresh for the run leg.

The Avow Advanced Pro features a handcrafted, advanced-grade composite frame, an aerodynamic wheelset and AeroDrive fork for precise steering and handling.

There's an aerodynamic Bento box and stem-mounted, hands-free hydration system to keep all your riding essentials within reach.

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YOUR NEWS, OPINIONS AND INSPIRATIONAL STORIES



WRITE IN AND WIN A LAZER Z1 AERO HELMET

LETTER
OF THE
MONTH

Proud to be an Iron Dad

THERE WAS ALWAYS

a reason why I couldn't compete in a longer distance event. Work was too busy, my kids were too young, training was too hard. The list goes on. This year I decided enough was enough, and I didn't want any more excuses. I signed up for The Outlaw 70.3 and took my training to the next level. I replaced a lot of my commute with cycling and running, and incorporated my kids into my training via Parkrun (I'd use it as a 5k warm down at the end of a long session running alongside my seven-year-old son while pushing my youngest in a buggy), and bike



rides with my elder kids while I run alongside them.

I won't lie, it was tough. I was tired a lot and needed to drop other non-essential things as a result.

As I crossed the line on 31 May was it worth it? Absolutely! With my new nickname of Iron Dad I feel proud and happy. I feel

healthier, watch what I eat, and run, bike and swim with my kids more than ever. I also hear them in the playground telling their friends that when they grow up they want to be an Ironman like daddy. What other inspiration do I need? My 2016 goal? I've signed up for IM Staffordshire 70.3, of course!

Ben Eason, Basingstoke, Hampshire

Editor says: Well done, Ben. It's not easy juggling family and work with long-distance events but where there's a will there's always a way. We'd love to hear how other readers fit training into everyday life. Why not drop us a line?



Letters win prizes...

If we pick your letter as Letter of the Month you'll win a Lazer Tardiz aero helmet worth £199, courtesy of Madison www.madison.co.uk

SISTERS DOING IT FOR THEMSELVES...

As friendly and open as our sport is, there are some things that women aren't always comfortable discussing with male triathletes.

In March this year, I noticed that a post (on the Ironman Journey Facebook group) about bikini waxes and cycling received loads of interest. I set up #Team Twinkle as a closed group for personal women's questions and we now have over 300 members. It's all about supporting and encouraging women in triathlon. Advice is offered in a chatty, informal way and no question is too silly!

We have athletes of all levels



who are happy to pass on their experiences. Topics include everything from training and family commitments, to kit and how to prevent a sore twinkle on the bike.

We now have #TeamTwinkle wristbands and kit so members can identify each other and meet up at events. We offer support by marshalling and are planning feed

stations and to offer pre/post race support and cake! Eventually, we'd love to run some women-only training sessions and even our own races.

We'd love more Twinkles to join us. If you want to find us, log onto teamtwinkle.co.uk, take a look at the #TeamTwinkle Facebook page or find us on Twitter and Instagram.

Rachel Smith triathlete and mum of three, Grantham, Lincs

Editor says: What a brilliant idea. Anything that offers support and encouragement in this sport gets our vote. We wish you every success.

FROM FACEBOOK

We asked: What's the best tri-related Christmas present you've ever had?

My butterfly tri top. (Because it's what I really wanted to wear for my big race last year).

Sarah Watkeys

A Garmin 920xt and a turbo trainer. Spoilt!

Susan Wall

My trusty headlamp for dark winter runs. A million times better than any blingy jewellery or perfume!

Fit old bird

A chain cleaner (still in box... don't want it getting dirty).

Karl Welborn

A Go Pro camera for videoing the club ride.

Kate Parry

I bought my partner a brand new Time Trial rig. Unfortunately, it was too big for her so it was agreed that I would have it. Christmas doesn't get much better!

D Hough

Chamois cream in the stocking every year!

Jon Ellis

Join the conversation or just say hello to the team at [Facebook.com/TriathlonPlus](https://www.facebook.com/TriathlonPlus) and twitter.com/TriRadar





BLACK NEOPRENE FRIDAY

IT'S ONE OF THOSE AMERICAN THINGS!

Here at HUUB UK we're not quite sure about adopting random holiday sales, but what the hell, let's roll with it!

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NEXT UP: SWIMSKIN SATURDAY!

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WRAP UP YOUR WINTER TRAINING

Coach **Phil Mosley** explains how to eat right, train smart and stay warm through the colder months, so you can hit the summer in the shape of your life

Words: Phil Mosley Images: Shutterstock; Orca

If you're hoping to get in great shape for triathlon next summer you can't afford to take shortcuts with your training this winter. There's an old saying that goes, "trophies are won in the winter and collected in the summer" and we couldn't agree more. If you train effectively throughout the cold, wet and dark winter months, you'll have a massive advantage over those who don't bother. It's all about

training smart so the adverse conditions don't impact on your ability to carry out your workouts. It's also about clever preparation, which includes buying the right winter gear, maintaining a healthy weight and planning your training cleverly. In this feature we cover all of these things and more, helping you to breeze through December, January and February so you can hit the springtime with a new level of race fitness.



WINTER BIKE ESSENTIALS

Cycling can be almost impossible in bad weather. Here are some key products to help you train like a demon when the rain is pouring down

TUBELESS ROAD TYRES

Tubeless tyres have been around for years in mountain biking, but are relatively new in road biking. They are designed to create an airtight seal between the tyre bead and the wheel rim, removing the need for inner tubes. To use them, you'll need either a set of tubeless ready wheels or a conversion kit to make your existing wheels compatible. There are several benefits. Firstly, they work well with sealants. Simply inject them with foam or slime and most small punctures will self-seal with only a slight loss in tyre pressure. Second, they are relatively light and potentially offer lower rolling resistance than standard tyres. Plus they do not suffer from pinch punctures because there is no inner tube to get pinched. This also means you can ride at low tyre pressures, soaking up bumps more effectively and providing better grip in the wet. Finally, if you do puncture, you can still fit an inner tube if you wish. Tubeless tyres and wheels are still fairly new technology and therefore not many manufacturers make them yet. A great combination for winter training would be a set of Bontrager Race TLR wheels (£126, evanscycles.com) matched with a pair of Schwalbe One Evo tubeless tyres (£49.99 per tyre, jejamescycles.co.uk).

DISC BRAKES

If you're planning on riding outside during the winter months, a road bike with disc brakes may be the ideal setup. They're a relatively new concept, again borrowed from the world of mountain biking. It removes the need for wheels that have a braking surface on the rim or calliper brakes mounted on the forks and rear stays. There are several advantages to disc brakes. The discs are easily replaceable, which means you won't need new wheels when they wear out. Also, as the brakes are mounted near the centre of the wheel, it gives more clearance for mudguards. Another benefit of disc brakes is that they can reduce the effective rotating weight of the wheels.



Best of all braking is generally improved. The new Giant Defy 1 Disc at £999 is a great example that would make an ideal winter training bike (giant-bicycles.com).

AFFORDABLE POWER METERS

Cycle power meters were previously a tool used by professionals and wealthy amateurs but the prices have now come down so much that they're a realistic option for the rest of us. Once you've used one properly, you'll wonder how you ever managed without. They add real structure and motivation to your winter training because you can clearly see when you're improving. Indoor turbo sessions suddenly become less dull when you know you're riding five watts higher than you were a fortnight ago. You don't need a sports science degree to utilise one either. This free ebook will tell you what you need to know and takes no more than an hour to read: home.trainingpeaks.com/blog/article/how-to-start-training-with-power-ebook. If you're wondering how much a power meter costs, they start at around £400 for

a Stages Shimano 105 (stagescycling.com) or £600 for a Garmin Vector 2S (garmin.com/vector). Behave yourself and you never know what Father Christmas might leave under the tree this year.

VIRTUAL CYCLING

Another way to train during the winter is to embrace virtual cycling. There is a new online product called zwift.com, which allows you to ride with or against other cyclists around the world in immersive, detailed 3D landscapes. You'll need a computer and either a power meter or a turbo-trainer that measures power (see their website for full details). Once you're up and running you can take part in various events such as time trials and sportives or you can simply enjoy free riding in the company of others. You can even upload your rides to strava.com for even more competition and social interaction. It's not designed to be a replacement for riding outside, but it will certainly help you stay bike fit when time or horrible weather stop you from heading out the door.





STAY SLIM THIS OFF-SEASON

During the depths of winter it's tempting to miss vital training sessions, and drink a few more glasses of wine. Don't worry, these nuggets of expert advice will help you avoid piling on the pounds.

NOW IS THE BEST TIME TO LOSE WEIGHT

Winter is the best time to shed excess body fat according to triathlon coach Joe Friel (trainingpeaks.com/blog). He says: "When one of the athletes I coach needs to drop a few pounds we try to accomplish this in the early base period of the season (normally the winter). The challenge for most athletes is that this time in the training season generally includes the Christmas holidays. That can be a difficult time of year to reduce food intake. But if we get to about 10 to 12 weeks before the first A-priority race then it's really too late and we need to accept whatever the athlete's body weight is and move on to the more challenging race-like training."

In other words, get as close to your race weight as possible during the winter months, leaving you free to focus on getting enough calories for recovery and performance for your training and in the immediate run up to race day.

TAKE A LOOK AT YOUR BODY FAT LEVELS

The recommended body fat levels for high performance in men is five to 12 per cent and eight to 15 per cent for women. Simon Ward of thetriathloncoach.com says: "Whether you can get down to those levels will depend very much on your body type and your previous history. Even if you can reach these levels, staying there is another matter. That's why we call it race weight. It's a target to be achieved for your race, rather than a level to be maintained throughout the year. The trick is to lose fat and maintain muscle so that your power-to-weight improves."

USE AN APP

If you have a smart phone, calorie counting is relatively straightforward. There are lots of apps such as MyFitnessPal and MyNetDiary that enable you to record food and drink consumed versus calories burned.



They allow you to set weight-loss targets, and indicate whether you're in calorie deficit or surplus each day. They also show you the relative percentages of protein, fat and carbohydrates. Aim for a daily deficit of around 300-500 calories for gradual and sustainable weight loss, this should equate to losing three or four pounds per month.

EXPERIMENT WITH DIFFERENT DIETS

Fad diets don't usually mix well with triathlon training, as many don't provide enough energy for you to train properly each day. However, books such as "The Paleo Diet For Athletes" by Loren Cordain and Joe Friel help to address this. The diet consists mainly of protein, fruit and vegetables, and the book contains 80 recipes that are designed to provide ample energy to fuel your workouts. Be warned, it requires you to cut out pasta, rice, potatoes, bread and refined sugars, which does take real

commitment. The aim is to improve your health, rather than weight loss, but dropping a few pounds is a common by-product of this diet which has set the world of triathlon abuzz since it was published.

CUT OUT THE FESTIVITIES

We all love a nice glass of wine, pint of beer or chocolate bar, but they're bad news when it comes to achieving your race weight. Not only does it have extra calories, but alcohol consumption creates false hunger, which makes you want to eat more than you actually need. Refined sugar consumption does a similar thing by stimulating further sugar cravings. They are both calorie dense and nutrient sparse, so you rarely feel satisfied afterwards. Try cutting these two things out of your diet for a month and see how you feel. The chances are you'll lose weight without feeling hungry all the time.

BOOST YOUR BREAKFAST

It's not new or clever but the benefits of porridge for breakfast during the winter are worth shouting about. It's low on the glycemic index, low in fat, low in sugar, it keeps you fuller for longer and it's very cheap. However, keep in mind that porridge is also high in carbohydrate and very low in protein. That's no bad thing necessarily, although meals that include a decent percentage of protein have been shown to effectively satiate hunger and aid muscle repair.

One easy way to make your porridge more protein-laden is to mix in a raw egg or two while you're heating it. The egg will cook within a minute and you'll barely even notice it's there. If anything it makes the porridge more creamy and yummy. Once it's all cooked through, throw in a handful of frozen berries or banana to sweeten it and provide more nutritional goodness. We promise, the humble cornflake will never have the same appeal again.

KEEP YOUR TRAINING ON TRACK

Consistency and quality is what winter training is all about, and if you stick to your plan, you'll be okay when the sun reappears in spring

When it comes to winter triathlon training, consistency is king. You don't need to rack up endless hours of training in dark, cold and wet conditions. It's far better to do a handful of quality workouts each week, but do them consistently for several months. This will set you up nicely for the spring and summer, when you'll be able to start increase your training hours. To help you along the way, we've created a four-week training plan to get you started.

To make things easy to follow, we have not specified heart rates, wattages or pace guidelines for these workouts. We've simply used perceived exertion as a guide. However, if you have a power meter, GPS watch or heart rate monitor it's well worth using them.

"It's far better to do a handful of quality workouts each week"

The training plan is designed primarily for an Olympic distance triathlon, but at this stage of the season it could equally apply to sprint and Ironman 70.3 distance too. The main idea is to give you some tips as to how you might structure your workouts in a time-effective way. Don't feel you have to train on the exact days we've specified. You can always swap things around to suit you.

We've set you a Park Run 5km race each Saturday (except for week four). These events are free and won't take up too much of your weekend. They are great speed-work sessions, and having people around you will help push you to faster times. Do them consistently throughout winter and your 5km times will gradually tumble. This will make you a faster runner over all distances.



We've taken a similar stance with swimming too. Experience shows that training in a group is the best way to improve, particularly if you have a coach on poolside. Check out your local triathlon club or masters swim group for the options. If you don't feel you're up to that level, invest in some regular swim lessons until you are. Failing that, organise to swim regularly with a few friends or people you've met at your local pool. The bottom line is you'll hardly improve if you just plod up and down the local pool on your own.

As for the cycling, we've set you a fairly intense midweek indoor session, which you can do at a gym or at home using a turbo trainer or static bike. We recommend you progress these sessions each month by around five minutes in duration. If you have access to a power meter, you should also aim to increase your power by about five watts per month. Then at the weekends there's an easier ride, that should get gradually longer each month depending on the race distance you're aiming for.

If it all sounds rather tiring, you'll be pleased to know there's an active recovery phase in week four. That doesn't mean you can spend seven days with your feet up, eating crisps while watching darts on TV. But it does mean you'll have a little more time and energy for other things, such as seeing family and friends – remember

FIVE COLD WEATHER TRAINING TIPS

1 Try to do at least one run at lunchtime each week. If you work all day it might be the only way you'll train in daylight between Monday and Friday.

2 It's counterintuitive, but you should wear thin socks for cycling. It creates a gap between your toes and the shoe, which traps warm air to keep your toes toasty.

3 If you run in the dark, invest in some running lights. Try the Nathan Light Bender, for £15 (wiggles.co.uk).

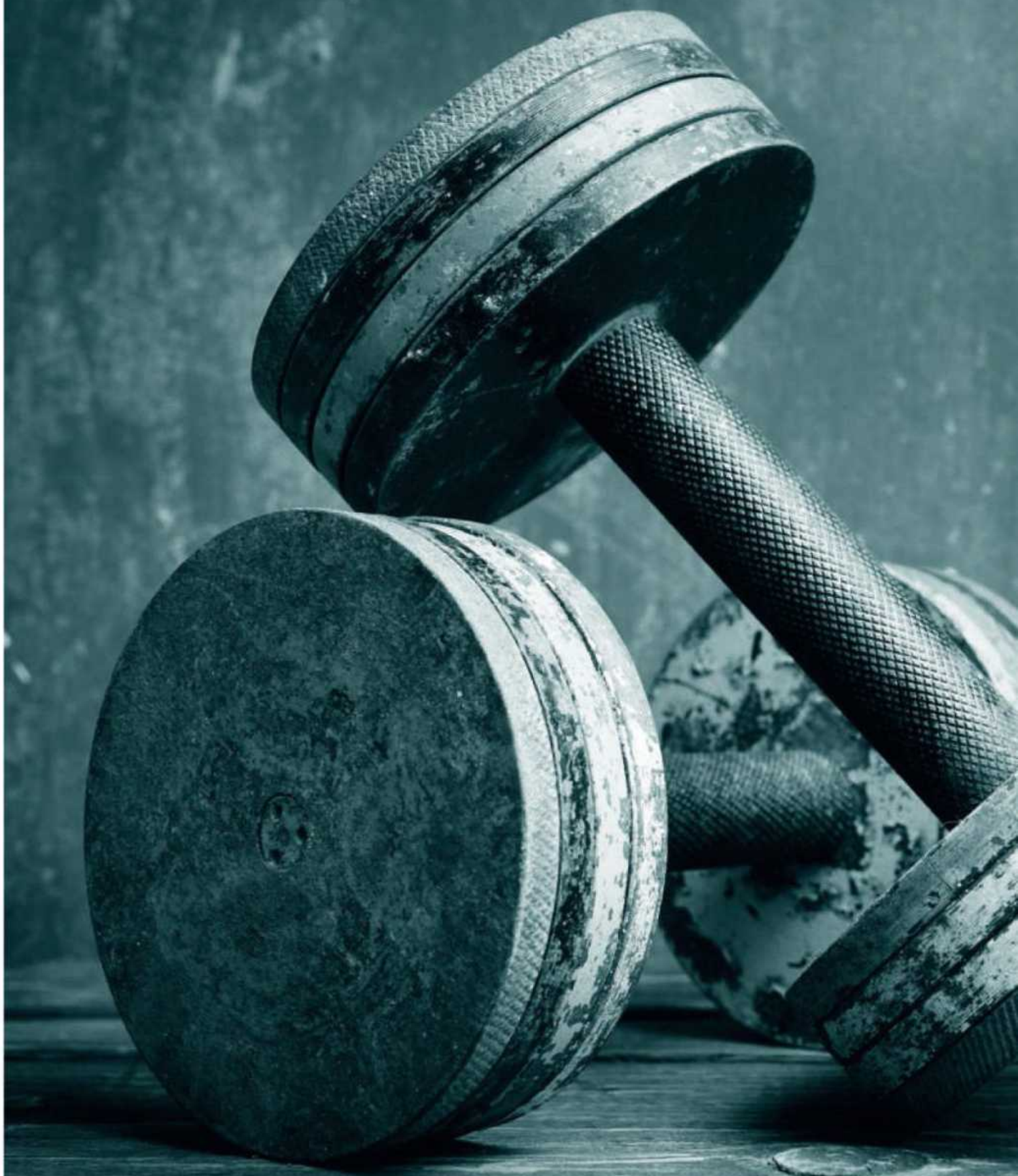
4 People who exercise before work have been shown to train more consistently than those who aim to train after work. Get your kit ready the night before, so it's easier to get out the door.

5 If you use a turbo trainer, make sure you leave a bike on it permanently. This means you don't have to set it up every time, so you're more likely to hop on it regularly.



FOUR WEEK WINTER TRAINING PLAN

Week 1	Week 2	Week 3	Week 4 Active recovery week
Monday Run 40 minutes at an intensity you could maintain a conversation at (5/10 Perceived Intensity - PI)	Monday Run 45 minutes at an intensity you could maintain a conversation at (5/10 PI)	Monday Run 50 minutes at an intensity you could maintain a conversation at (5/10 PI)	Monday Day off
Tuesday Group or club swim session 45 minutes	Tuesday Group or club swim session 50 minutes	Tuesday Group or club swim session 55 minutes	Tuesday Group or club swim session 45 minutes
Wednesday Indoor bike session - Warm-up: 15 minutes at 5/10 Perceived Intensity (PI). - Main Set: 5x5mins at 8/10 PI +2mins recoveries at 5/10 PI. - Warm-down: 10mins at 5/10 PI.	Wednesday Indoor bike session - Warm-up: 15 minutes at 5/10 PI. - Main Set: 9, 8, 7 minutes all at 8/10 PI +2mins recoveries at 5/10 PI. - Warm-down: 10 minutes at 5/10 PI.	Wednesday Indoor bike session - Warm-up: 15 minutes at 5/10 PI. - Main Set: 15 minutes at 8/10 PI +2mins recovery, 10mins at 8/10 PI. - Warm-down: 10 minutes at 5/10 PI.	Wednesday Indoor bike to run session - Warm-up: Cycle 15 minutes at 5/10 PI. - Main Set: Cycle 6,5,4 minutes all at 8/10 PI +60secs rests - Run: 20mins as (3 minutes at 8/10, 7 minutes at 5/10 PI)
Thursday Group or club swim session, 45 minutes	Thursday Group or club swim session, 50 minutes	Thursday Group or club swim session 55 minutes	Thursday Group or club swim session 45 minutes
Friday Day Off	Friday Day Off	Friday Day Off	Friday Day Off
Saturday Park Run 5km race (parkrun.org.uk)	Saturday Park Run 5km race (parkrun.org.uk)	Saturday Park Run 5km race (parkrun.org.uk)	Saturday Run 40-minutes at an intensity you could maintain a conversation at (5/10 PI)
Sunday Cycle 90 minutes at a steady pace (5/10 PI)	Sunday Cycle 1hr 45mins at a steady pace (5/10 PI)	Sunday Cycle 2 hours at a steady pace (5/10 PI)	Sunday Cycle 1 hour 30 at a steady pace (5/10 PI). Optional coffee stop.



THE ART OF COMPLEX TRAINING

Words Michele Beltramo Images Rosie Hallam

If you are looking to add power to your race, now is the time to start working out differently. Here's how...

As well as keeping on top of your regular bike, run and swim cardio workouts during the winter, your racing form can be transformed by two good sessions of strength training a week. But don't fall into the trap of using traditional resistance machines as you will not achieve the maximum results you're looking for. When it comes to strength exercises, your aim is to be light and explosive. The best way to achieve this is to focus on complex training, which involves a mix of good resistance exercises followed by a matched plyometric exercise (different types of jumps using your body weight). Studies have shown that complex

training is the best way to get faster, even in endurance events. The rationale is that resistance work gets the central nervous system into action, while the fast muscle fibres (type 2B) are then able to fully activate for the explosive plyometric movements (jumps). This type of training is beneficial to you on race day because it will add power to your legs and arms when required, which means you can step up your speed in all three areas of triathlon. While we train our fatigue-resistant muscles fibres (type 1) with long steady efforts, such as long easy runs, there will be situations when the explosive or fast component of your muscles will come into play. So whatever your race goal or your ability, complex training will help you achieve faster times by helping your muscles become more explosive and efficient.

HOW TO CHANGE YOUR TRAINING

To achieve top results you will be training not only your legs, but your whole body by using sets of resistance and plyometric exercises that complement each other. A typical complex training session alternates a heavy-load exercise to a natural load one (body-weight load only). For example, you may start with a back squat using a loaded barbell and then after a short rest you will move into box or vertical jumps. For the upper body you would use the bench press and then do plyometric

press-ups immediately afterwards. These upper body workouts will add power to your swim. According to experts, strength gained through complex training is up to three times more effective than traditional training methods. To support this, a team of researchers asked 11 experienced male cyclists to do a timed ride of 20km on two different occasions. One of the timed rides started 15 minutes after the cyclists had done four sets of leg presses with a weight at which they could manage five reps. The

athletes rested for five minutes between sets. The cyclists finished the ride in a quicker time after doing the leg press sets. On average they completed the 20km bike session in 28 minutes without the leg press sets and in 26.6 minutes after the leg press sets.

But don't worry, you don't need to whip a barbell out of your car just before your race to benefit from complex training. Your muscles will be ready to switch on after regular sessions.

THE MOVES

UPPER BODY

Bench presses

You will need a 15-20kg bar with plates (adjust weight depending on your ability). Ensure movements are faster as you lift and slower on the way down. Always use a spotter.



Plyometric press-ups

Only do this one if you are confident with a regular press-up. Start in a press-up position, and in one explosive move, push up and then away from the ground as quickly as possible. Immediately land on your hands to perform the next plyometric press-up. Try with only three to four to start with. You might even be able to clap your hands when in air off the floor!



Swim session

Do this session on a different day to focus on your speed. Break down your distance (500-1000m depending on ability) into 100m segments with rest. Push to level 8-9 for the hard sessions and keep to 6-7 for easy. Remember to include three minute rests between each 100m.

As an alternative throw a 3-5kg medicine ball against a wall. Stand about one metre away from the wall and catch the rebound. You can also work in a pair by throwing a 1kg medicine ball between you, throwing and catching the ball at chest height. This should be done for about 20-30 seconds.

LOWER BODY

Back squat

Rest a 15 or 20kg bar across your shoulders (adjust the weight for your ability), bend your knees while keeping your back flat. Squat down until your hips are level to your knees, and keep your knees and feet pointing slightly outwards. Then stand up faster than the time taken to squat down. Lock your knees. For safety, always ask a friend to assist by standing behind your back.



Vertical Jumps

Start in a semi-squat position and jump high on the spot using the energy of the legs, bringing your arms up to help reach maximum height. Perform three to five consecutive jumps without stopping.

As an alternative, try box jumps. Choose a box with a comfortable height (about 30-70cm) that you can jump onto, landing with both feet in a semi-squat position. If you land with your bottom too far down it means the box is too high. Do six to eight jumps with 10 seconds rest between each one.



THE RULES

Each cycle has a three-minute rest between sets apart from sets four and five, which has a 10-minute rest. Make sure you have another rest of 10 minutes after you complete all five sets (four sets for upper body).

During the winter you can build up to four cycles on each training day. During the racing periods (usually summer), do no more than two cycles each training day.

Ensure you have no complex sessions in the 10 days before you race and make sure you don't do a heavy or intensive session the day before or after your complex session. Instead choose a low intensity session using a different area of your body. For example, after a lower body complex session, you might do a long but easy swim. How much you should lift is expressed in kilograms as a percentage

of your one maximum lift. So if you can squat 50kg only once then 50kg is your 1RM. A 50 per cent effort will be 25kg lift. Easy lifts are those where your effort on a scale of 1 to 10 (10 being the hardest) is about 6-7. Hard lifts are those with an effort of around 8-9. Two full cycles will take you between 70 and 90 minutes including all your rest times detailed above. Always remember to warm up first.

EFFORT IN % OF YOUR 1RM Or between 1-10 10 being the highest	SET 1	SET 2	SET 3	SET 4	SET 5
For Lower body Easy lift 75% (6-7 effort) Or Hard 85% (8-9 effort)	Squats or Legs Presses X 4-6	Box Jumps / Vertical Jumps X 6-8	Squats or Legs Presses X 4-6	Box Jumps / Vertical jump X 6-8	Cycle 15' Easy or 20-25 Hard (8-9 effort)
For upper body Easy lift 75% (6-7 effort) Or Hard 85% (8-9 effort)	Bench press or chest press X 4-6	Plyometric push-ups X 6-8	Bench press or chest press X 4-6	Plyometric Push-ups X 6-8	Swim session On different day (48 hours later) focus on speed. Break down 500-1000m into 100m segments with 3-4' min. rest. Push to level 8-9 for the hard sessions

Michele Beltramo is a strength and conditioning trainer at Lee Valley National Athletics Centre For more information visit beltramofitness.com



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MOVES TO GET YOU MOBILE

Tobina Wilson, clinic director at Six Physio, explains why mobility is important for triathletes and how you can improve your levels

Mobility refers to the freedom of movement your body is capable of through a range of motion. Mobility requires your joints and soft tissue to be able to move in various required directions. Muscle strength can only be utilised properly if the joints around them have the ability to move without restriction. Similarly, a mobile joint needs to be supported by good muscles to allow it to move well. Flexibility is often thought to be a bonus, but someone who is very flexible without the right muscle system to support it may run into injuries. Having good mobility also ensures that your movements are fluid and efficient, therefore improving your energy efficiency and speed in sport. Sufficient mobility is therefore a precursor to optimising your performance.

Good mobility is key in preventing injuries, too. For example, the upper back is a key area for all three disciplines. We have all seen cyclists whose upper backs are very flexed over the bars. If there is insufficient mobility in the upper back to cope with these aerodynamic bike positions, the neck is forced into a position of looking forwards, which may cause irritation. This is a common cause of neck pain in the triathlete.

Cyclists who have poor mobility in the upper back area may also find that this immobility can restrict arm movements, lung capacity, optimal muscle activation in the legs and body alignment when you transition into the run.

Another example of the importance of upper back mobility is the impact on shoulder mobility and strength in your freestyle stroke. Limited mobility in the upper back can restrict a good



Images Shutterstock

stroke action, reducing efficiency and putting your shoulder at risk of soft tissue injury. Mobility of the hip flexors is particularly important for triathletes where the hip works in a very different range for each of the disciplines.

Improving your mobility allows your hips to easily move back into a running position after the cycle and prevent common running injuries often caused by poor activation of the glutes.

Some people find there is a real benefit from doing pilates or yoga as it allows them to work on their

mobility, but also to strengthen which allows us to use this mobility. Pilates and yoga classes should be taken by experienced instructors who can tailor classes to work on areas that will challenge each individual in a safe and effective way.

By doing a different form of exercise you are asking your body to keep moving in different planes and ways which helps to keep a healthier, happier body rather than one that has adapted to training in limited disciplines.



BACK EXTENSIONS

- Lie on your back and place the foam roller horizontally across your mid-back.
- Support your head with your hands and elbows wide open.
- Lift your hips off the floor slightly.
- Using your feet to push, allow your upper back to move up and down the roller.
- Repeat three sets of 60 seconds.

HIP FLEXOR STRETCH

- Place one foot forward flat on ground and one stretched back onto tip toes into a stride stance with your back knee gently resting on the floor.
- Keep your tail bone tucked under and your chest upright along the same line.
- Gently push the back hip forwards to stretch the front of that hip.
- Hold for 15 seconds.
- Repeat on both legs three times.



STANDING LEG STRETCH

- Stand on one leg with support if required for balance.
- Bend your opposite leg and hold your foot.
- Keep your knees close together and pull your heel directly to your bottom without twisting your leg.
- Hold 30 secs and repeat twice on each side.



THORACIC ROTATION

- Lie on your side with your arms at chest level and engage your deep abdominals.
- Paint an arc with your top arm and rotate your chest towards the ceiling as far as is comfortable. Allow your head to follow the movement.
- Hold for a few seconds then return to the start position.
- Repeat three times each side.



Q&A

ASK THE EXPERT



Physiotherapist and clinic director, Tobina Wilson of Six Physio (sixphysio.com) answers your question

Q. I have a sharp pain in my shoulder going through my neck and the back of my head. I train with heavy weights above my head (in a clean and press) but I'm fit and healthy and do plenty of core work and spinning too.
Inka Goodwin via email

A. Your pain could be coming from a local shoulder issue or possibly from your neck, referring pain into your shoulder. Lifting weights above your head can irritate either of these if it is not done properly. The pattern of when you get your pain will help decipher what might be causing it. See a physio to establish the exact source of the pain so you know how to treat it, and what activities to modify. When doing any overhead weight work think about your posture and the amount of weight you are lifting. You should keep your trunk and head in a neutral position while lifting your arms up with control. If you move your head forwards or hitch your shoulder blades up when you press-up ask someone in the gym to show you some techniques. Be sure to treat your pain now rather than letting it progress as it will be harder to settle.

SEND YOUR PHYSIO QUESTIONS TO: TRIATHLONPLUS.ED@KELSEY.CO.UK

WE'RE INSPIRED BY...





GARY SCHROEDER

FROM ADDICTION TO TRIATHLON

Gary Schroeder, 36, explains how he beat his drink and drug habit to race Ironman UK

Words Debbi Marco | **Photos** Charles Whittington Photography; Finisherpix

WE'RE INSPIRED BY...

"At the height of my addiction I would spend four nights without sleep"



G

rowing up I was quite a good footballer, and I started playing golf when I was 12. I got a job at the local golf course and I could have turned

professional, but at the age of 17, I started drinking. Pretty soon I couldn't hold down a job.

Any idea of turning pro went out the window and it gradually became clear I had an issue with alcohol. I can't explain where it comes from as no one in my family drinks to excess, but for me when I put one in me, one is far too many and a thousand is not enough.

I would go for three to six months of drinking fairly socially and maintaining my job, but then I'd get to

a point where I couldn't get it back.

In my 20s, I started snorting cocaine too. I worked in commission-only sales jobs, which suited me as I'd make a few hundred quid on a Monday and Tuesday and then take the rest of the week off.

At the height of my addiction, I was spending £1,000 a week and would spend up to four nights at a time without food or sleep. My weight plummeted to seven stone, and I couldn't manage 24 hours without having a drink.

I moved from London to Bournemouth and went to rehab. In Bournemouth, I was quite into the whole Mod thing and was obsessed with scooters and music from the late 50s and 60s.

That's how I came across cycling. About four years ago, I put my scooter in to be re-sprayed, but as I needed to

get about town I bought an old racer bike for £40.

When I started cycling I couldn't believe my body could get me 10 miles up the rode on it's own steam. Especially as six months before, I was in such a physically incapable state I could hardly walk to the kitchen.

Finally I could appreciate what my body was capable of. I joined the Bournemouth Arrows Cycling Club and would ride with them every Saturday. My first sportive was 20 miles, which felt like the longest endurance event at the time.

My recovery was back on track but when my younger sister, Caren, died in February 2013, it shook my resolve. I stayed sober for a few months after her death, but there were big changes. I moved back to London to look after my mum whose sight was failing and I



started to work in another sales job, which had quite a big drinking culture.

At the beginning of 2014, I went through a bad stage where I hadn't left the house and I started thinking about how short life is. I could carry on how I was, which was a quick way to die or stop everything I was doing and do something positive.

I started going out with London Phoenix Cycling Club in north London, and in May 2014 I went to support my brother-in-law who did the London triathlon in Hyde Park. I loved watching all the TT bikes. I love their geometry both how they look and how they sound.

My cousin is Greg Behar, an age-groupier who lives in Switzerland, but I never thought I could do a triathlon, especially as even now, I can't feel the right side of my leg because I fitted

so many times through overdosing on cocaine. But things were changing. I knew I could cycle the 20k and that I could run the 5k and that's when I thought: I could do this. I signed up to the Redricks Lakes triathlon in Essex three months later, which was a longer Olympic distance.

I wasn't much of a runner and I ran the 10k in 48 minutes but I won the bike leg which was 46km in 1hr 18m. However, the swim was just awful. I stopped twice, I did doggy paddle and backstroke. I was ready to get out and I thought this was my first and last triathlon. The swim was about 33 minutes and when it was over it was a relief.

I was so surprised to finish the whole race in fifth position and I'm still really good friends with the guy that overtook me to take fourth place. It was a month or so later that I decided to

sign up for Ironman UK Bolton.

I was doing voluntary work and working part time for the national careers service, as well as being a part-time carer for my mum. It meant I would have around 15 hours a week to train and most days I was training twice a day.

I followed Don Fink's training programme and dedicated six months to my training.

In July this year I completed Ironman UK and finished in the top 300 with a time of 12hrs and 47 seconds, despite getting an ear plug stuck in my ear and having to wait for a medic to come and yank it out with tweezers. I took the bike really easy as I knew I had to run a marathon and the most I'd ever run was 24 miles. I knew how important it was to go off slowly, and let everyone overtake me on the first 10k.

WE'RE INSPIRED BY...

SHARE YOUR STORY

Do you have a story that can inspire fellow *Triathlon Plus* readers? Get in touch at triathlonplus.ed@kelsey.co.uk You could be featured on these pages!



Afterwards, I realised my heart rate zones had changed and I ran the Ironman in the top end of Zone 1 instead of middle of Zone 2 so I could have gone faster. I'm still pleased as it was a really good time and I raised money for Scope in Caren's memory.

I feel like triathlon has changed my life. I'm not saying it has cured my addiction and depression, but one day at a time it's allowed me to recover from a condition which many think there is no way out from. Finding like-minded

individuals who love the sport as much I do now has been a life-changing experience. I'm now 15 months clean and sober and have a job in the cycling industry.

I was talking to a coach yesterday about what sort of distance I want to think about. I think Olympic to mid-distance will suit me well, as I'm not fast enough for sprints. I decided between Mallorca or Austria 70.3 and would like to do some GB qualifying events see where I'm at and what times I need to get my swim times and run times down to.

I'm also looking to do some Level 1 coaching course so I can help out at my club Crystal Palace Triathletes.

I've just completed a cycling instructor course as well as a cycle

technician mechanics course. My girlfriend Frances has caught the cycling bug too and already does 30 mile rides with me, having never ridden a bike before. It's not just a hobby, it's a lifestyle now. If there's one sport an addict is going to be good at it's triathlon.

"Finally I could appreciate what my body was capable of"

On 27 December, Gary will cycle 24 hours non-stop around Regents Park to raise money for a friend's daughter, Chloe, four, who has neuroblastoma cancer. To donate to the Chloe Balloqui appeal visit justgiving.com/Gary-Schroeder

FUEL
YOUR
RACE



INGREDIENTS

Serves 2

Ingredients:

4 x skinless boneless chicken thighs, cut into bite-size pieces
1 small onion, sliced
1 small aubergine, cut into bite-size chunks
1 tsp grated ginger
1 sliced green chilli
1 garlic clove, sliced
1/2 tbsp medium curry powder
1tsp garam masala
1 tin chopped plum tomatoes
2 cups of rice
4 cups of coconut milk
2 cardamom pods, lightly bashed

METHOD

1 Lightly fry the aubergine and chicken for a few minutes in oil.
2 Add the spices, chilli, onions, ginger and garlic along with the chopped tomatoes. Top up with a splash of water so the vegetables are barely covered, simmer for 15 minutes until the sauce thickens and the chicken is cooked.
3 Add rice and coconut milk to a pan along with cardamom pods. Bring to boil and leave to simmer with the lid on for 10 minutes until the rice is tender and all the liquid has been absorbed (top up with water if necessary).

CHICKEN CURRY WITH COCONUT RICE

Enjoy a big protein boost with this healthy winter warmer, says nutritionist **Gill Cummings-Bell**

This is a really good winter warmer, high in calories to replenish those glycogen stores and boost of protein for recovery on those big training days. It is also nutritious and filling. As well as a reasonable amount of protein and carbohydrate provided by the chicken and rice, this delicious dish has coconut milk which can be your friend or foe, depending on which variety you use. While it is highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron,

selenium, sodium, calcium, magnesium and phosphorous, it is also high in fat. If you need to cut down fat then I recommend the low-fat variety. Unlike other nut fats, coconut fat is mostly in the form of medium chain saturated fatty acids (MCFAs) such as lauric acid. This is converted by the body into an antiviral and antibacterial compound called monolaurin, which helps you combat disease and viruses, as well as recover from training. These fats are metabolised into energy in the liver and

used quickly by the body and therefore are less likely to be stored as fat. The recipe is also lactose-free, so is good if you have a lactose intolerance. With a decent amount of carbohydrate, this is also a meal for training athletes. Digested carbohydrate is stored in both muscle and liver as glycogen. Muscle glycogen is accessed by your working muscles for contraction and liver glycogen keeps your blood sugar topped up for the brain. If you run out of carbohydrate in your muscles you would hit the wall,

if you also run out in the liver you “bonk” which can make you feel quite unwell. Stores are limited to between 300-500g, enough fuel to last around 90 minutes of an intense training session. It is important to keep your stores topped up every day.

PER PORTION

Calories 474
Carbs 63g
Fat 14g
Protein 23g

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GEAR »

Bike Test: Fuji Sportif 2.5
June 23, 2015
★★★★★

Review: Wahoo KICKR Turbo Bike
June 5, 2015
★★★★★

TRIATHLON TRAINING »

Triathlon training plan: get your Olympic distance triathlon in the bag
June 22, 2015

Recipe: baked salmon with new potatoes and asparagus
June 18, 2015

Alister Brownlee Olympic, European and Commonwealth Triathlon champion.
Bikebox

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HENEY MILE

ALL THE NEWS

Keep up to date on developments in the world of triathlon from Ironman to super sprint, world champions to grassroots. You'll find everything you need to stay in touch with the goings on in your favourite sport throughout the on and off season.

ALL THE TRAINING

We've got a heap of training information to build both your speed and endurance, including a host of training plans for all abilities and race distances. Our sport-specific training articles will help you swim, bike and run faster in 2015.

ALL THE GEAR

Whether it's a new wetsuit, pair of wheels or shoes you're after, we've got an ever-increasing archive of reviews from the magazine. Each item is independently tested to help you make the best kit-buying decisions to boost your performance this year.

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IMPOSTER SYNDROME

When it comes to confidence, sometimes you just have to fake it, says **Steve Trew**

Sometimes we forget just how nerve-wracking it can be to enter and then race your first triathlon.

Everyone around you seems to know everyone else, everyone seems happy. In particular, everyone seems to have amazing self-confidence. But things aren't always what they seem. How many entrants really feel that confident? Or are they, like so many athletes, just faking it?

When you move into any new activity, whether it's a sport or a job, the feeling of being under-qualified, be it in fitness or academic qualifications, leads to a feeling of uncertainty, of not quite being up to the task, or that somebody else should really be doing what you're doing. This is known as impostor syndrome, a hidden form of low self-confidence where you feel like your abilities have been over-estimated by others, and that you will be

found out as being not as good an athlete as you seem.

This impostor syndrome explains the feelings of anxiety, lack of self-confidence, depression, frustration, and importantly not performing to the best of your abilities at big events. Many athletes have these feelings, but don't have a method for dealing with them.

It's such a relief when we find out that successful athletes also have these feelings too. The difference is how these successful athletes overcome their feelings of doubt. With experience, successful athletes have learnt to edit out and ignore these negative messages. Inside they may still feel like impostors, but they have created a strategy to overcome these feelings. Their trick is to carry on in spite of these feelings – not wait for them to go away.

The realisation that other athletes feel like this is great. There is nothing wrong

with pretending to be more at ease in a situation than you really are. In a funny way, your mind can't quite tell the difference. Importantly nor can your race rivals. Increased self-confidence leads to better performance in both training and racing. A lack of self-confidence is one of the biggest reasons why athletes fail to go on to the next level.

So how do we go about starting to create that self-confidence, to overcome the impostor syndrome and break down the advantages of other athletes that you've built up in your mind?

There are lots of ways, and although some might seem a bit far-fetched, they work. Try thinking about the fact that every athlete on the start line used to have their nappy changed by their mum and dad, think that each has had at least one pathetic performance and that each of them has had one of those races where everything has gone wrong.

Another tactic is to ask yourself what is the worst thing that can happen. It's not the end of the world if you drop out on the swim, crash or puncture on the bike, tie up completely and have to walk on the run. Say to yourself: "I will still survive. Nothing will have changed in me."

Another trick is to compare like with like. Don't compare how you *feel* with how a fit and tanned, mean and lean athlete wearing the newest and latest race clothing *looks*. What you are doing is comparing your inside feelings with their outside appearance. You are making the assumption that because someone looks good, they are good. What these athletes are good at is promoting a positive image and there is no reason why you shouldn't do the same.

Slow down your speech, use a lower tone of voice, make eye contact and breathe deeply and slowly. The message you are sending both to yourself and others is that you are in control. Maintain a good posture, stand tall and walk tall. If you look good, you'll feel good.

Don't worry what other people think of you. It's not your job to make everyone happy. Somebody will always think that you're doing it wrong, so make sure you do what you think is best for you.

Most of all, avoid self-criticism and focus on a positive mental attitude. The strongest and most important muscle is the mind.

Steve Trew

Coach & commentator



Steve is wondering if he's faked this article okay or has some impostor syndromed into it? Steve is an advisory coach for Speedo, he can be contacted for all things triathlon on trew@personalbest.demon.co.uk

Triathlon

THE RACE LIST

PLAN FOR THE MONTHS AHEAD WITH OUR GUIDE TO EVENTS IN THE UK

Notes and key The Race List

AT THE TIME of going to press, some race details were yet to be confirmed. Before entering a race, or if you can't find your favourite event here, please contact the organisers for the most up-to-date information. Distances given are: for triathlons, swim/bike/run; for duathlons, run/bike/run; and for aquathlons, swim/run. Swim distances are in metres up to 999, then kilometres. Bike and run distances are in kilometres unless otherwise stated, with 'M' denoting distances are in miles.

NOVEMBER

SATURDAY 7 NOVEMBER CEP WINTER BALLBUSTER

Distance: 8K/24Kk/8k
Box Hill, Tadworth, Surrey,
KT20 7LB
humanrace.co.uk/events/duathlon/
winter-ballbuster

EVIL SHERIFF OFF ROAD DUATHLON

Distance: 5K/16K/3.6k
Sherwood Pines, Edwinstowe,
Nottinghamshire, NG21 9JL
onestepbeyond.org.uk

SUNDAY 8 NOVEMBER AMBLESIDE DUATHLON DASH

Distance: Various
Lakes School, Troutbeck Bridge,
Windermere, LA23 1HWk
onyourmarksevents.org

HILLINGDON FAMILY DUATHLON

Distance: Various
Minet Park Cycle Circuit,
Middlesex, UB4 0LL
hillingdontriathletes.co.uk

FRIDAY 13 NOVEMBER GO TRI REDBRIDGE DUATHLON

Distance: 1m/2m/1m
Cricklefields Athletics Ground,
Ilford, Essex, IG1 1UE
redbridgeduathlon2015.eventbrite.
co.uk

SUNDAY 15 NOVEMBER BURNTWOOD AQUATHLON

Distance: 400m/5k
Burntwood, Staffordshire
burntwoodtriclub.org

CIRENCESTER OFF ROAD DUATHLON

Distance: Various
Cirencester, Gloucestershire
triferris.com

DUATHLON ROCKINGHAM

Distance: 5k/19k/5k
Rockingham Circuit, Corby,
Northamptonshire, NN17 5AF
sbrevents.co.uk

VELOPARK CLAPHAM CHASERS WOMEN'S DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,

E20 3AB
entrycentral.com/claphamchasers-
womens-duathlon

SATURDAY 21 NOVEMBER GO TRI - HADLEIGH PARK WINTER SERIES EVENT 4

Distance: 1k/1k/2k
Hadleigh Park, Benfleet, Essex,
SS7 2PP
activeessex.org/events/go-tri-
winter-series/

GO TRI HIGHLEY DUATHLON

Distance: 500m/10k/3k
Severn Centre, Bridgnorth,
Shropshire, WV16 6JG
entrycentral.com/event/104106

WILDMAN DUATHLON

Distance: various
Ashvale, Aldershot, Surrey
humanrace.co.uk

SUNDAY 22 NOVEMBER TRIPURBECK SIKI DUATHLON

Distance: various
Sika Trail Wareham Forest,
Wareham, Dorset, BH20 7PA
tripurbeck.com



Continental compound.



Recommended by



VELOPARK LONDON FIELDS TC FALLING LEAVES DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB
entrycentral.com/LFTC-falling-
leaves-duathlon

9BAR CHILLY DUATHLON

Distance: 3.2k/16.1k/3.2k
Castlecombe, Wiltshire
dbmax.co.uk

SATURDAY 28 NOVEMBER NOTTINGHAM OFF ROAD DUATHLON

Distance: 5k/16k/2.5k
National Watersports Centre,
Nottingham, NG12 2LU
onestepbeyond.org.uk

DECEMBER

SATURDAY 5 DECEMBER ICEMAN DUATHLON

Distance: various
Frimley, Surrey
humanrace.co.uk

SUNDAY 6 DECEMBER BCT SPLASH AND DASH

Distance: 400m/5k
Wombourne, Staffordshire
blackcountrytriathletes.com

KIELDER OFF-ROAD DUATHLON

Distance: 7k/20k/6k
Kielder Forest Park, Northumberland
higherterrainevents.co.uk

JANUARY

SUNDAY 10 JANUARY VELOPARK TRENT PARK MINCE PIE'S REVENGE DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB
veloparkduathlon.com

SATURDAY 16 JANUARY GO TRI - HADLEIGH PARK WINTER

Distance: 1k/1k/1k
Hadleigh Park, Benfleet, Essex, SS7
2PP
activeessex.org/events/go-tri--
winter-series/

FEBRUARY

SUNDAY 21 FEBRUARY VELOPARK EAST LONDON TRIATHLETES WINTER WARMER DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB
veloparkduathlon.com

MARCH

SATURDAY 5 MARCH DAMBUSTER DUATHLON

Distance: 10k/42k/5k
Rutland Water, Whitwell Oakham,
Rutland, LE15 8BL
pacesetterevents.com

SUNDAY 6 MARCH MONSTER DUATHLON, ELY

Distance: 5m/25m/5m
Witchford Village Sports College,
Ely, Cambridgeshire, CB6 2JA
monsterRacing.net

SUNDAY 13 MARCH MUD AND MAYHEM DUATHLON

Distance: 5k/18k/5k
St. Helen's Picnic Site, Santon
Downham, Thetford Forest,
Brandon,, Suffolk, IP27 0TJ
gobeyondsport.co.uk

PEMBROKESHIRE DUATHLON

Distance: 5k/20k/2.5k
Neyland Yacht Club, Milford Haven,
Pembrokeshire, SA73 1PX
pembstri.org.uk

VELOPARK CAPTIAL TC MARCH HARE DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB
veloparkduathlon.com

SUNDAY 27 MARCH EAST LEAKE TRIATHLON

Distance: 400m//10k/5k
East Leake Leisure Centre,
Loughborough, Leicestershire,
LE12 6QN
4lifeeventsuk.co.uk

APRIL

SUNDAY 3 APRIL BATTLEFIELD DUATHLON

Distance: various
Naseby, Northamptonshire, NN6
6DE
onyourmarksevents.org

RIBBY HALL TRIATHLON

Distance: 400m//11k/5k
Ribby Hall Leisure Village, Preston,
Lancashire, PR4 2PR
bookitzone.com

WINDSOR DUATHLON

Distance: 5k/20k/2.5k
Windsor Great Park, Windsor,
Berkshire, SL4 2HT
windsorduathlon.com

THE SIDEWINDER DUATHLON

Distance: 5k/20k/3k
Redbridge Cycling Centre, Ilford,
Essex, IG6 3HP
pbmultisportuk.com

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Continental

GET THE GRIP

Set Attack & Force Comp Tour Podium TT Sprinter



CAN YOU CONQUER THE PRESTIGIOUS POWERMAN DUATHLON?

Test your fitness in Mallorca this winter, courtesy of Ferrer hotels

If you're looking to boost your off-season training and enjoy some winter sun, the prestigious Powerman Duathlon in February could just be the answer. Arriving for the first time in Mallorca Spain, this historic event boasts two distances. Choose from the classic, which includes a 10k run, 60k bike and a final 10k run or the sprint, which is half the classic distance.

The run circuit is an enjoyable and fast coastal route with sea views to keep you motivated when the going gets tough, while the bike is a fast, flat route on smooth asphalt. The scenic closed-road route will take you between the picturesque villages of Can Picafort through Son Serra de Marina before you reach the turn point of Santa Margalida. Classic racers will complete two laps of both the bike and run.

As part of the prize, the Ferrer Janeiro Hotel & Spa, part of the Ferrer hotels group, will host you in luxury for six nights to enjoy a well-earned rest.

Located in the north-west corner of the island at the Bay of Alcudia, you'll be able to enjoy the beauty of the 17km sandy beach and breathtaking woodland, pine groves and cliffs of Cap de Ferrutx, among a range of watersports and local markets and shops.



DETAILS

Date 27/28 February 2016
Location Can Picafort – Mallorca
Distance Classic – 10k/60k/10k
 Sprint – 5k/30k/5k
powermanspain.com
ferrerhotels.com



YOUR PRIZE

- Two entries to Powerman Mallorca (choose from classic or sprint)
- Six nights full-board at the luxury 4* Ferrer Janeiro for two people
- Airport transfer to and from hotel
- Access to the spa
- Bike hire if required

TO WIN: How long is the Classic distance bike leg?

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triradar.com



Ts & Cs: Please note flights are not included. There is no cash alternative. Based on two people sharing a room. Please see full Ts&Cs on line at Triradar.com

TESTED



BY TRIATHLETES AND EXPERTS FOR REAL RESULTS YOU CAN TRUST

HEAD OFF ROAD

58 We put the Merida Ninety-Six to our tough four way test



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A 29er to take you to off road heaven



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Which turbo trainer will make the most of winter?



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Can you get a cutprice bargain on line?



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MINITEST

Trail shoes that won't shy away from hard work



MERIDA NINETY SIX TEAM

1 FIRST RIDE

The most dramatic thing about the Ninety Six is its smoothness. The radical upside down Rock Shox RS-1 fork and Race Link rear suspension make the Merida a limousine. The wheels are size specific too, 29in in the large and XL sizes, 27.5in in the small with the option of both in medium. It all works with the steep angles to keep it instantly responsive but fast rolling for maximum efficiency.

2 FAST RIDE

Because softness isn't ideal the hydraulic X-Loc button on the handlebar locks both fork and rear shock to get the lightweight Fulcrum wheels spinning. The minimal tread Maxxis Ikon tyres pick up and sustain speed with ease and it maintains velocity over rocks and roots. The sharp handling and relatively short wheelbase lets you react quickly to tight terrain, too.

3 HILLY RIDE

With the option to flick between rigid power transfer and smooth full suspension, the Merida absolutely loves to climb. The Nano carbon frame plus light, carbon rich components keep the weight competitive. The suspension lets you carry speed down rough descents although fork flex, twitchy steering and short wheelbase can make it sketchy in high speed corners.

4 LONG RIDE

The 29er wheels roll easily over obstacles that would trip smaller wheels up. The foam grips and firm but fair Prologo Nago Evo saddle become a bonus as you push further into the longest part of your X-Terra day and it's no surprise that the Merida Multi Van team who helped evolve this bike over the past five years are multiple MTB marathon as well as Olympic, World and National XC champions.

SPEC SHEET

Price £6,000
Contact merida-bikes.com
Weight 10.73kg
Size tested Lge
Sizes available Sm, Med, Lge, XLge
Frame Nano Matrix carbon fibre with Rock Shox Monarch XX rear shock 96mm travel
Fork Rock Shox RS1 100mm travel
Seating PRC Double carbon superlite. seatpost and Prologo Nago Evo X10 Tirox saddle
Handlebar/stem PRC Team Carbon Flat 720mm bar and PRC Team OS-17 90mm stem
Gears SRAM XX1
Brakes SRAM XX hydraulic disc brakes with 180/160mm rotors.
Wheels Fulcrum Red Team 29 HP
Tyres Maxxis Ikon EXO TR Maxx Speed 29x2.2in

"The sharp handling and relatively short wheelbase lets you react quickly to tight terrain"

BRAND NEW BIKES PUT THROUGH THEIR PACES

Full 29ers
**BIKE
TEST**
next issue



TESTED

THE BIG TEST

Words by Kesteven Photos by XXXXXXXX

TURBO CHARGE

The latest trainers are smoother and more useable than ever, but which should you choose for chewing out your indoor training sessions this winter?



Buying a turbo trainer

WHAT TO LOOK FOR



Frame

A stable frame is crucial to safe training. Designs range from easy-to-store 'A-frames' to spring-loaded frames intended to mimic road movement to a range of rear-wheel removal, direct mount trainers.

Roller

This has to cope with power and heat without slipping or juddering. Urethane rollers are quieter and kinder to your tyres, but don't last as long as metal and can get rowdy when you're flat out.

Flywheel

The bigger the flywheel the harder it is to accelerate the trainer, but the smoother it will feel once you're actually training, all of which helps you to maintain pedalling rhythm and morale.

Clamp

The frame is only as secure as the clamp that holds your bike, but awkward, slow set-up can be enough to keep you on the couch if you're already less than excited about the idea of going into the garage to train.

Brake

The simplest use a noisy wind fan. Magnetic resistance trainers work like an electric motor in reverse with a remote, while fluid trainers spin a paddle in oil and are designed to give a smoother more natural feel.

Remote

You can change pedalling load by changing gears, but being able to change the resistance level of your trainer separately can be useful for intervals or if you share your turbo with other riders.

HOW WE TEST

OUR TEST team has been turning turbo trainers rusty with their sweat for literally decades. That means they know exactly what sort of rollers, engines and frames survive the long haul of several seasons. It's always interesting getting a fresh batch of trainers in to see which new

modifications or fresh models can match our established favourites when it comes to positive personal punishment. It's especially interesting as more smart training features are appearing on affordable machines so you don't have to be a pro to benefit from the best development data.

Jet BLACK Z1 MAG PRO

£174.99 chickencycles.co.uk

IF YOU'RE SHORT on storage space the Jet Black is the flattest folding trainer here. Set-up is quick thanks to a pre-assembled brake unit with fast-adjusting axle clamps and a neat flush fit cam arm, plus it comes with a full lifetime warranty. Resistance changes between the five different positions of the distinctive leaf style remote lever are very subtle though and maximum braking force won't be strenuous enough for serious powerhouse riders. It made a lot of noise no matter how we adjusted the small diameter orange urethane roller against the tyre, and the small flywheel means it's got a choppy rather than flowing ride feel. The free Jet Black app works with your own bike sensors rather than anything on the trainer too so don't expect speed and power data without investing extra.

VERDICT Lifetime warranty and easy storage but noisy and limited brake adjustment.

PERFORMANCE				
VALUE				
OVERALL				



Minoura B60R

£150 zyro.co.uk

MINOURA'S B60 IS a well-proven budget trainer that ticks all the boxes for basic home training as long as you're smooth. The simple U bend and flick out front legs frame with pressed steel brake mount hardly looks high class, but DIY set up is pretty simple. The single sided winding handle axle clamp is quick and easy to use too. The plastic remote lever operates a surprisingly powerful brake unit that'll be enough to let most riders mimic serious hills at a relatively low speed/cadence. The narrow rear stance can make it start walking if you're really giving it full gas in an interval sprint, and it's choppy and quick to slow down despite a relatively big internal flywheel. It's well-priced for a remote control unit though and Minoura reliability is generally excellent.

VERDICT Simple, effective, reliable and affordable trainer for smoother pedalling riders.

PERFORMANCE				
VALUE				
OVERALL				



Giant CYCLOTRON MAG II

£164.95 giant-bicycles.com

GIANT'S ENTRY LEVEL trainer gets off to a solid footing literally with a heavy duty frame including curved front and rear cross pieces for the feet so you'll really have to be going some to get rocking. The clamping hardware including the lock rings are all metal too and so is the clamp for the bar remote. It's not exactly pretty, but it'll handle a tough life in the garage without complaining. The roller and broad flywheel give it a reasonably smooth feel at low to medium revs. Things do get noisy and there's noticeable vibration at higher speeds. The remote control lever is the only cheap plastic part but it gives a massive spread of brake resistance from barely noticeable to enough for an average athlete to do sprint intervals on.

VERDICT Slightly rowdy but solid and surefooted with a wide range of brake adjustment.

PERFORMANCE				
VALUE				
OVERALL				



Giant CYCLOTRON FLUID ST

£179.99 giant-bicycles.com

THE ST IS a cheaper steel-framed version of the Cyclotron Fluid with a less powerful hydraulic brake, though you wouldn't realise that when using it. Plastic axle lock and adjusters give it a less agricultural feel than the Cyclotron Mag. While it's very tall with a bit of twist across the axles, it still feels solid when sprinting with no wander or wobble even at full gas. That's just as well, as the fluid brake responds with a strong surge of resistance as soon as you accelerate, so that you get a better workout in the small ring than you would in the big ring on many trainers. The large flywheel keeps it reasonably smooth, given the high resistance, and the massive metal roller and deep cooling fins control heat build up through long session but it's definitely for big legged users only.



VERDICT Seriously robust, high-resistance hydraulic turbo for brutal training at a bargain price.

PERFORMANCE
VALUE
OVERALL



Kinetic ROCK N ROLL 2

£465 2pure.co.uk

KINETIC'S ROCK N ROLL offers a genuinely unique training experience thanks to a big rubber sandwich that allows the upper section of the trainer (and you) to move in 3D for a much more realistic ride, particularly out of the saddle. The big curved stabilising arms it needs add weight and need more space than most, but once positioned the double-sided clamping system is very secure. It has a quick release latch for fast entry and exit. The fluid brake is impressively smooth, quiet and controlled, becoming progressively harder to work against as you move up through the gears, but holding speed well if you back off just as it would on the road. An InRide wattage meter is also available as an add on. It is very expensive though (especially if you add the recommended £44.99 twist ring for the front wheel) making the non-bouncy Road Machine (£350) potentially better value.



VERDICT Unique 3D ride experience with a road recreating hydraulic brake, but costly.

PERFORMANCE
VALUE
OVERALL



Tacx SATORI SMART

£259.99 fisheroutdoor.co.uk

THIS NEW TRAINER from Tacx makes smart feedback as easy and affordable as possible. There's a bit of DIY to bolt the brake onto the big alloy frame then you just need to unfold the wide stance U-shaped legs and adjust the cam-action axle clamp so it centralises the tyre on the metal sleeve of the urethane roller. The Smart part couldn't be easier either as the brake is battery, not mains operated. Just download the free app, press the pairing button on the brake and it will immediately start feeding cadence, power, speed, elapsed time, distance and related max and average data to your phone or tablet by Bluetooth. You can configure the display for various priorities and preferences and change the resistance on the 10 step handlebar lever syncs with the wattage rating on the app.



VERDICT Simple wireless smart data collection and display makes this a techno bargain.

PERFORMANCE
VALUE
OVERALL



Wahoo KICKR

£949.99 uk.wahoofitness.com

WAHOO WEREN'T THE first to introduce a direct-mount rear wheel trainer, but the Kickr is a particularly surefooted, compact and neatly practical design, with only its vast 21kg weight an obvious downside. The fully faired flywheel and Gates carbon belt drive are impressively quiet with loads of smooth spin, and speed/power feedback is very accurate once calibrated. ANT+ and Bluetooth transmission allow easy syncing with phones, tablets, PCs, Macs and smart cycle computers as well as Wahoo's own app and RFLKT and ELEMNT bar displays. During and post-training data capture and display options are incredibly comprehensive and it hooks simply into all the major ride tracking or training programs and apps such as Strava, Training Peaks, Zwift, Kinomap so you'll never be short of inspiration for your exertion. Competition from other brands is starting to make it look expensive though.

VERDICT Outstandingly smooth, stable and easy smart syncing - a trainer benchmark.

**PERFORMANCE
VALUE
OVERALL**



BKool CONNECT PRO

£449.99 i-ride.co.uk

BKOOOL'S PRO IS a big improvement on their debut model and that's good news for everyone. The plastic arm with its simple pop-out pin connection to the brake segment looks worryingly flimsy but it actually works really well, killing the buzz of the ribbed roller enough to make it unnoticeable on all but the firmest bikes and saddles. The telescopic extensions on the front leg bar add useful stability so you can properly get a hustle on as long as you don't bounce the bike off the roller. The brake is also a lot quieter and smoother with decent speed sustain too. BKool's software and app are more polished, practical and comprehensive too with a vast range of trainer synced on screen workouts, videos, routes or specific training sessions to go at in wattage altering 3D once you plug in the ANT+ dongle and subscribe.

VERDICT User friendly turbo that syncs easily to a vast virtual training world for subscribers.

**PERFORMANCE
VALUE
OVERALL**



CycleOps SUPER MAGNETO

£300 paligap.cc

THIS IS ONE serious workout partner. For a start it comes fully assembled so you don't waste training time. Just unfold the super wide stance, locking pin secured legs from the matt black frame and adjust the left-hand hoof to dial out any wobble. Wind the single sided axle clamp shut, tighten the big alloy roller onto the tyre until it double clicks to show the right torque and your bike will basically feel like its set in concrete however hard you sprint. The magnetic brake comes in four settings from recovery to properly leg crushing, including a particularly clever interval mode with boosted speed sensitivity so you can sprint flat out then spin without having to think about anything but the pain. There's a bit of growl at high speeds, but speed sustain is epic and CycleOps trainers are legendarily tough.

VERDICT Superbly built, solid training investment for serious athletes wanting serious workouts.

**PERFORMANCE
VALUE
OVERALL**



Tacx BLUE TWIST

£109.99 fisheroutdoor.co.uk

TACX'S BLUE TWIST provides the bare minimum of training features but what you get looks good and works well. The big flared main legs and broad rubber footed front legs of the frame create a more stable base than the Minoura but are a lot lighter to heave about than the Giant if you're using it for warm ups. Once you've adjusted the drive-side axle tension, the quick cam offside clamp and roller engaging foot-plate make it easy to set up. It's still secure even if you decide to get out of the saddle and give it some. Getting the adjustment on the metal banded urethane roller is crucial to stop slippage and some tyres will squeak until they warm up. The small flywheel can be a bit choppy too, but there's enough brake range adjustment from the foot-operated switch to cope with recovery spins or proper sweat sessions.

VERDICT Slightly choppy and no remote but a stylish essentials only trainer at an excellent price.

PERFORMANCE
VALUE
OVERALL



Elite QUBO POWER FLUID

£249 madison.co.uk

ITALIAN TURBO SPECIALISTS Elite do a huge range of trainers including the creamy smooth, minimal hassle Qubo Fluid. There are a couple of bolts to tighten the brake onto the vibration-killing plastic base. Then it's just a case of setting the single-sided axle spacing, throwing the monster-tightening cam closed and letting the weight of the bike sit onto the roller. The big Elastogel roller gives a very smooth and quiet wheel feel and the fluid brake is judged really well in terms of creating a natural road feel appropriate to the choice of gears. A 900 watt max means powerful riders might be maxing their gears when interval sprinting, and it can slip on the rollers if you're wrestling the gears round out of the saddle but that all adds up to a very natural and user-friendly ride experience.

VERDICT Smart looking, realistic fluid trainer delivers a reasonable workout at a good price.

PERFORMANCE
VALUE
OVERALL



Wahoo KICKR SNAP

£649.99 uk.wahoofitness.com

WAHOO'S NEW KICKR Snap's widespread A-frame uses the same simple but effective cam-closing mechanism and big metal roller as the Giant Cyclotron Fluid ST. The massive flywheel is only slightly smaller than the Kickr wheel though, and once you're locked in you'd be hard pressed to tell the difference between the two. The Snap does vibrate a bit more at certain speeds and max brake resistance is lower, but it's still a very smooth, high momentum machine. You get essentially the same data, app-controlled wattage and gradient features and super simple multi-platform connectivity too, making it a really powerful yet simple training tool. The £300 saving over the Kickr Turbo certainly makes the Wahoo world affordable, but it's still an expensive unit compared to the latest generation of smart trainers from other brands.

VERDICT Smooth, stable, user-friendly easy sync smart trainer, but still expensive.

PERFORMANCE
VALUE
OVERALL





Overall verdict

WINNER VALUE

TACX BLUE TWIST

WINNER PERFORMANCE

WAHOO KICKR

OVERALL WINNER

TACX SATORI SMART



WE'RE DELIGHTED that most of the units here were at least perfectly acceptable and many genuinely impressive. Wahoo blindsided the established turbo-makers with the introduction of their revolutionary Kickr, and while there is now lots of similar competition it's still an outstanding training partner, taking our performance award. But, it's Dutch turbo specialists

Tacx who bracket both ends of our test. The Satori Twist gives you everything you need for effective home training at a bargain price to take our value win. While the Satori Smart sets new standards for easy, wireless linking and communication of essential workout information to your phone, tablet or PC, putting you onto the next rung of the smart training tech ladder for less than the price of many trainers.

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- May 1st** **Forca Lymington (Open Water Baths) Triathlon**
Sea Water Baths, Lymington, SO41 3SE
500m Swim (Lido) / 20 km cycle / 5 km run
- May 15th** **SwashBuckler Middle Distance Triathlon**
Bucklers Hard, Beaulieu, SO42 7XB
1.9 km Swim (O/W) / 90 km Bike / 22km Run
- May 29th** **New Forest Triathlon**
Ellingham WaterSki / Moyles Court School, BH24 3NF
1.1 km Swim (O/W) / 33km Bike / 9km Run
- New Forest Novice Triathlon**
Ellingham WaterSki / Moyles Court School, BH24 3NF
400 metre Swim (O/W) / 33km Bike / 6km Run
- June 12th** **Lymington (Yacht Haven) Sprint Triathlon**
Lymington Yacht Haven Marina, Lymington, SO41 3QD
750 m Swim (O/W) / 20 km Bike / 5 km Run
- June 26th** **Gladiator Triathlon**
Bucklers Hard, Beaulieu, SO42 7XB
3.8 km Swim (O/W) / 180 km Bike / 42.2 km Run
- BoskMan Triathlon**
Bucklers Hard, Beaulieu, SO42 7XB
2.7 km Swim (O/W) / 125 km Bike / 21.1 km Run
- Aug 21st** **New Forest Triathlon**
Ellingham WaterSki / Moyles Court School, BH24 3NF
1.1 km Swim (O/W) / 33km Bike / 9km Run
- New Forest Novice Triathlon**
Ellingham WaterSki / Moyles Court School, BH24 3NF
400 metre Swim (O/W) / 33km Bike / 6km Run
- Sept 25th** **New Forest Middle Distance Triathlon**
Ellingham WaterSki / Sandy Balls Holiday Park, SP6 2JZ
1.9 km Swim (O/W) / 90 km Bike / 22km Run

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www.racenewforest.co.uk

Contact:- jriles@racenewforest.co.uk





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Bikes on test

TERRY DOLAN SCALA ULTEGRA

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PLANET-X EXOCET 2 ULTEGRA

£1,999.99

CANYON SPEEDMAX AL 9.0

£2,199

SPECIAL DELIVERY

Buying online can be daunting but there are some savvy purchases to be made. We test three to see how they measure up.

Words Guy Kesteven Photos Mick Kirkman

Tech talk

BB30

Bottom bracket standard using an oversized 30mm alloy axle and matching oversized bearings.

Di2

Shimano's electrically operated, battery powered shifting system.

Hybrid carbon

Wheel with an alloy rim and a carbon body.

Internal cable routing

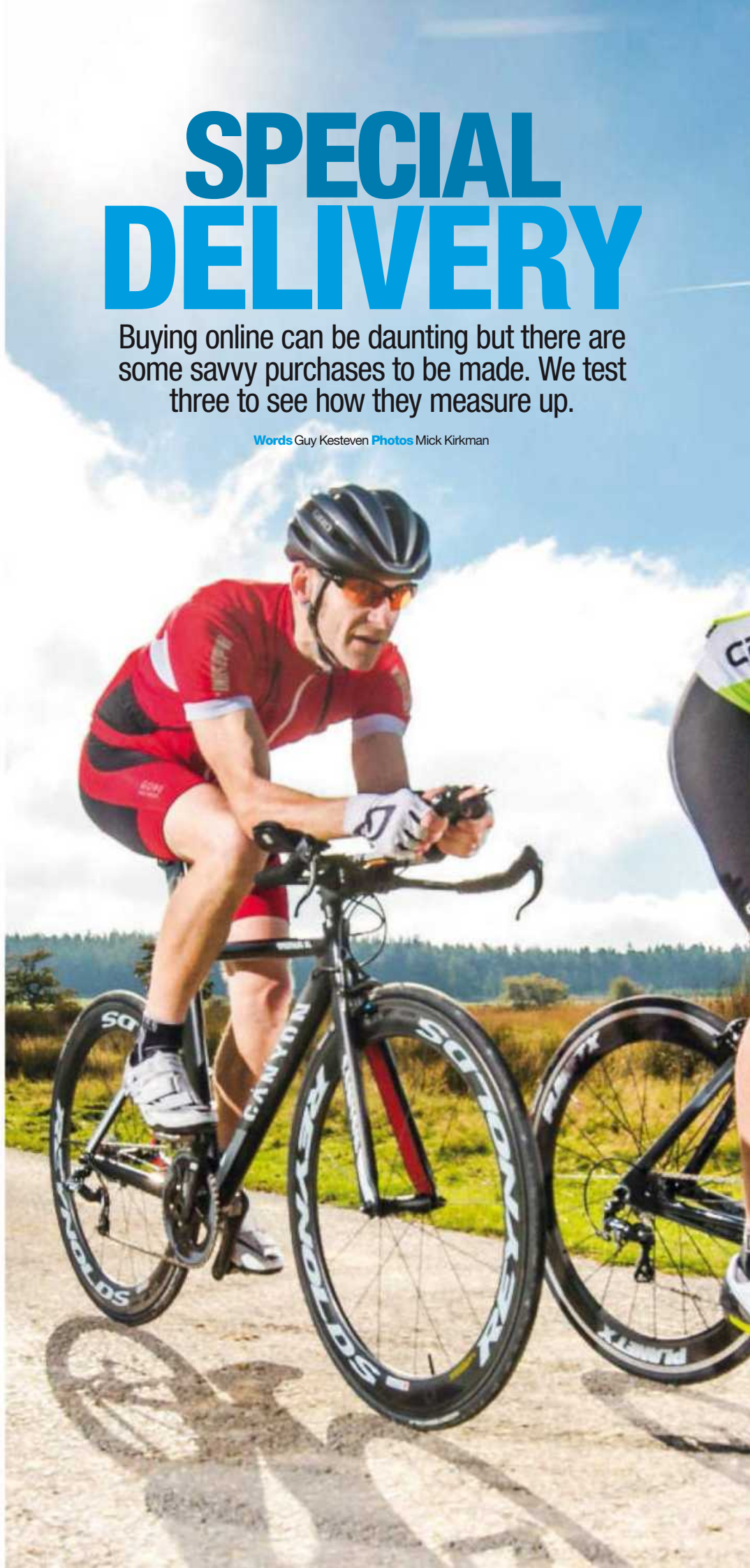
Gear and brake cables that run inside the frame for smoother airflow.

Seat angle

The position of the saddle in relation to the bottom bracket. Triathlon bikes typically use a 77-80 degree seat angle while time trial bikes use a 72-74 degree angle.

V brake

Brake that uses two independent arms mounted directly to the frame.



DODGING THE INEVITABLE costs that a bike shop has to add to keep its lights on and doors open makes direct-sell bikes a tempting bargain. But do they cut corners with their design and performance, or do they just cut out the middleman?

The first thing we'd say is choose wisely. It seems there are always several new brands importing frames or bikes direct from a far eastern manufacturer, but few stick around for long. This may leave you out in the cold if you ever have a problem with your bike, whether that's spares, warranty or worse still a legal claim. We have deliberately stuck to long-established direct-sell brands with guaranteed back-up for this test. Even then you're unlikely to get the same friendly support like that from your local shop.

Secondly, be prepared to

wait. While you might be able to walk into a conventional bike shop and walk out with the bike you want, most direct-sell outfits build on demand. Holding large stocks of frames and components is expensive, therefore direct sell brands order in small batches or wait until favourable price opportunities from suppliers. That gives more flexibility in finished bike specs, but can mean several days or even weeks before your bike gets put on a van to your house.

And, because new designs are expensive, you'll find models stay in the range much longer than mainstream brands. In fact lack of supply of new models meant direct sell specialists Quintana Roo, Rose, Sensa and Ribble all recorded a DNS (did not send) for this test.

But the bikes we did get prove that it's worth persevering and waiting for the postman if you want a bargain.



Terry Dolan

SCALA ULTEGRA

£1,999.99

dolan-bikes.com

A comfortable ride but can the Dolan Scala Ultegra pick up the pace to match?

TERRY DOLAN has put bikes bearing his name under some of the UK's best riders over the years, including Chris Boardman, and whenever performance for price is the challenge, Dolan's rise to the top. The Scala is no exception, especially for longer distance events.

FRAME AND FORKS

The Scala is definitely the most radical frame here in terms of aerodynamics. The vertical seat-post that extends from a seatstay junction short stub, above the radically wheel-wrapping seat-tube, is straight out of the Cervelo school of streamlining. There's a wheel hugging cut-out in the downtube as well as a flared mid section to help divert air around your water bottle and the multi-section fork dovetails with a cut out behind/below the head tube. The head of the fork also hides the rear mounted mini V brake while the rear brake is tucked

under the chainstays. Gear cable routing is internal and compatible with Shimano and Campagnolo electric systems. The seat post has a sliding saddle mount to alter the effective seat angle and it's the only frame here certified for top level UCI sanctioned time trial use if you fancy taking on the roadies against the clock without having to swim first.

THE KIT

With a frame cost double that of the Planet-X you're not getting a bonus chainset upgrade, but you do get a full Ultegra transmission including chain and cassette rather than a sneaky downgrade. While the Mavic Cosmic Carbone SLS wheels aren't the fastest and can be a handful in crosswinds, the Yksion Pro tyres are a great performance all rounder with ultralite inner tubes to keep them smooth and lively in feel. The Fizik Tritone saddle is our favourite chopped-snout seat and the Alpina bars are comfortable and are widely adjustable.



The Scala frame sells for £999.99, which shows the quality of bike you're dealing with here. Choose from four colours.



You don't get extras on the Ultegra transmission but the Alpina bars and Fizik saddle are definite comfort bonuses.



Mavic wheels are occasionally unruly at speed or in high winds, so we'd upgrade to Zipp 60 wheels and Schwalbe One tyres.

THE RIDE

When we swapped between the bikes during testing, comfort was the most obvious point our testers made about the Dolan. Right from the tip of the flared trouser-style forks to the ends of the multi-section chainstays, the Scala is designed to smooth out as much rattle and road buzz as possible. While the pontoon pads of the Alpina bars and the chopped nose-saddle take some getting used to (we recommend that you





"The Scala is designed to smooth out as much rattle and road buzz as possible"

drop your saddle by one to two centimetres from normal for the best results) once you've found your sweet spot you'll genuinely glide down the road. The carefully sculpted and skinny tubes are oblivious to wind direction too, and even though the Mavic wheels have a history of crosswind misbehaviour, happily we didn't have any issues on test.

The softness is also an obvious issue when you put the power down though, and while it was the lightest bike on test

by nearly a pound it needed the most patience to accelerate. Trying to stomp power through the cranks and heave the bars to hurry things up only succeeds to highlight the flex too so you're best using a sequential spin through the gears to gain speed.

Lack of handling muscle and the high speed manners of the wheels mean it's best coaxed through corners smoothly rather than carved and sliced.

That's frustrating if you're a

powerful athlete on a short, technical course where braking and acceleration play a big part. However, smooth pedalling and relaxed cornering are text book techniques for long distance efficiency and in the same way the deliberately fluid and friendly Cannondale Slice is a great choice for Ironman use, so is the lightweight limousine ride of the Scala.

So if it's a long, comfortable, ride you're after, this might be the bike worth logging on for.

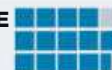
PROS

- + Most aerodynamically advanced frame on test with a great value Ultegra spec.
- + Comfortable frame and forks with ergonomic bars and Fizik saddle.

CONS

- Soft frame also means soft power delivery.
- Mavic wheels have high wind and high speed handling issues.

VERDICT

PERFORMANCE
VALUE
OVERALL

Dolan's super smooth Scala is an absolute bargain for efficient long distance work but lacks punch for short course work.

Planet-X EXOCET 2 ULTEGRA

£1,999.99

planetx.co.uk

Can this short-course specialist impress us with its speed and mettle?

SOUTH YORKSHIRE'S Planet-X has been hacking prices down to the bare minimum on everything from complete bikes to clothing bundles for several decades. They've always sponsored – and regularly employed – some of the UK's best triathletes and time trialists. So, instead of our sample bike being built up by the Saturday boy at a local shop, it was built by top road racer Mark Lovatt. If it was your bike he was building he could talk you through the options with the benefit of having over a decade of top level experience.

FRAME AND FORKS

The second-generation Exocet is a classic low front end, oval tube-based, wind cheating frame. Two different seat clamp positions give more relaxed time trial or forward set triathlon seat angles. It's also compatible with either conventional shift cables or Di2 electric gears. The rear

brake gets a particularly neat horizontal entry into the nape of the frame behind the stem for very clean and precise rear brake feel. While conventional brakes aren't the most aero solution, the deep-down tube syncs with the fork crown, while the seat-tube wraps round the horizontal dropout adjustable rear wheel to keep overall airflow smooth.

THE KIT

Planet-X has always had an incredible reputation for kit value, and the Exocet 2 is no exception with the addition of a £600 FSA K-Force Light BB30 crankset to the Ultegra gears overshadowing the downgraded SRAM chain and cassette. The Hutchinson tyres are adequate rather than amazing, but Planet-X's own wheels are proven all-weather aero contenders. All Planet-X bikes are built to order, therefore it's not a fixed spec, and the ability to change components is definitely an advantage. No-one in our test team got on well with the



The Planet-X Stealth cockpit looks the part, but the pads are mounted over extensions which testers found uncomfortable.



The Exocet 2 frame is available with full carbon forks and dual personality seat post in three different colours for £499.99.



Planet-X wheels and Hutchinson tyres aren't luxurious but are practical for UK weather and roads, not just race day.

narrow pad, wide extension Planet-X Carbon Stealth set up that was supplied.

THE RIDE

While the bars may have been an initial stumbling block we had no other issues with the fit or feel of the Planet-X. We're not surprised the Exocet 2 frame has been crafted by the same designer as the ferociously stiff and focused Planet-X N2A aero road frame. The T800 fibres are obviously laid up to get your



"Our sample was built by top road racer Mark Lovatt"

power straight through that big BB30 bottom bracket to the rear wheel and it never struggled to get on top of an optimistic gear choice. The FSA carbon crank doesn't flinch in delivering as much torque as possible to its big alloy axle and then on through the frame. If you're braced against the bars on a shallow rise there's no dilution of full body power delivery if you want it. While it's stiffer and harsher over rough roads than the Dolan, it's not

so stiff it shakes you apart or knocks you off rhythm over rough sections.

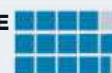
While it's hard to quantify aerodynamics on the road, the Exocet 2 certainly doesn't have excess drag in headwind situations, and sustains speed happily in light crosswinds too. It doesn't seem to suck you forwards like the most advanced bikes do, but it doesn't get blown backwards either. It's stiff and stable enough to stay in a tuck despite occasionally gusty

conventional deep section wheels. The razor blade brake levers aren't exactly comfortable, but conventional brakes and alloy braking surfaces combine with the precise handling for confident descending or twisty back road belligerence. Add the prompt power delivery and it's easy to see why the Planet-X is popular for shorter course triathlon and time trial use. It's also an absolute killer when it comes to value for money.

PROS
CONS
VERDICT

- +** Powerful frame with extensively evolved, highly efficient aero frameset.
- +** Outstanding value complete spec with custom component options.
- None of our testers got on with the Planet-X Stealth cockpit.
- Firm rather than forgiving ride can become tiring over time.

PERFORMANCE
VALUE
OVERALL



Powerful, purposeful yet lightweight carbon frame with great basic rider position and handling behaviour. Plus killer value for money.

Canyon SPEEDMAX AL 9.0

£2,199

Canyon.com

A purposeful aero frame delivered straight to your front door at the click of a button

CANYON'S SPEEDMAX AL frame has been around for a long time, but it's still a powerful, purposeful aero frame that benefits from a carbon rich SRAM groupset and high quality Reynolds carbon wheels.

FRAME AND FORKS

The obvious difference between the Canyon frame and the Planet-X and Dolan is that it's an aluminium frame not a carbon fibre one. That adds weight straight away, making the Canyon the heaviest bike here despite the lightest wheels. Aerodynamically it's showing its age slightly too, with deep blade section tubes designed for straight line wind cheating rather than friendly handling crosswind efficiency. You get a full carbon fork plugged into the minimal cross section hourglass head tube. Cable routing is internal for clean airflow though, and the seatpost clamp flush fits into the back of the top tube. The

brakes are conventionally mounted though.

THE KIT

The kit is obviously the big draw of the Canyon, particularly £1,350 worth of Reynolds' mid range full carbon Strike wheels and a set of superfast Continental Grand Prix TT tyres. The full SRAM force groupset is a good match for the Ultegra on the other bikes and the R2C tip shifters were well-liked by our test team. The Profile cockpit and Fizik saddle are well-proven gear too. Canyon bikes are a fixed rather than a changeable package though and waiting times are typically longer.

THE RIDE

While the frame might be old and metal it's still a great shape that puts all the components in all the right places. The Profile bars and soft-nosed Fizik saddle are equally well sorted which gave all our testers an instant connection to the Speedmax. The forward seatpost position



The SRAM R2C shift levers come back to a centred position after every gear change so they look clean and don't interrupt airflow.



Deep bladed seatpost gets sliding seat clamp mounts to change the effective seat angle to your preferred position.



Reynolds full carbon Strike wheels combined with Continental tyres have a smooth, vibration reducing on-road feel.

creates a naturally efficient and sustainable tuck. The handling gives an equally aggressive but planted character to the Canyon putting you on the offensive whether you're stretching your training targets or powering out of T1 on a bike split busting mission.

There's an equally immediate connection down the carbon cranks, through the stiff rear end of the Aeromax and into the Reynolds wheels. This all translates to



“The frame is a great shape that puts the components in all the right places”

encouragingly eager acceleration whether you're levering a big gear out of a corner or trying to spin your way out of a tight roundabout or turnaround hairpin. It struggles a bit more on sustained climbs but at least you can keep topping up the power with no loss of torque through the frame.

What keeps the Canyon in the mix with the Dolan and Planet-X is the wheels. The weight-saving advantage of the full carbon rims is very

small but when combined with the superlight, supple Continental TT tyres the difference in ride feel is dramatically obvious. There's a noticeable smoothness and float between bike and blacktop that's vital in offsetting what would otherwise be a harsh ride from the stiff rear end. A fact we verified by switching over to the Dolan's Mavic wheels which instantly made the saddle a much less forgiving place to be. They also handle

well in a wide range of wind conditions. The top-quality carbon forks also play a part, keeping you predictably on track without shaking your shoulders apart or stressing your neck on rougher road sections. The braking performance of the carbon rims is noticeably less powerful and consistent, particularly in the wet, though and the frame itself can feel gusty when you find yourself in strong cross-wind situations.

PROS
CONS
VERDICT

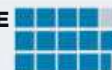
+ Smooth full carbon wheels and SRAM Force spec for the money.

+ Strong power delivery with sorted handling and aero position

- Alloy construction adds weight and aerodynamics are relatively old.

- Component package is fixed with no custom alteration options.

PERFORMANCE
VALUE
OVERALL



The alloy frame can't compete with the carbon competitors, but, great-value spec turns it into a powerfully focused complete ride.

Winner

PLANET-X EXOCET 2

**Triathlon
GOLD
AWARD**

THE VERDICT

MAIL ORDER is meant to be the most convenient bike buying option, but this test has been among the hardest we've ever done. Bike supply was a big problem with several brands failing to deliver on time. Plus they're all so closely matched we found it almost impossible to pull out a winner because each one offer something distinctly different.

Canyon's alloy frame should put it way off in terms of performance and comfort, but powerful stiffness overcomes the weight penalty and a great riding position makes it feel a natural predator on the road. The glide of the carbon wheels and carbon forks make it perfectly comfortable too. In contrast the Terry Dolan Scala has the most expensive, aerodynamic frame here. While we'd fit different wheels, it is exceptional value given the frame price. Splitting the difference is the Planet-X. The frame is more forgiving and lighter than the Canyon but more positive in its power delivery than the Dolan. The own-brand wheels are fast, predictable performers and the frame is a good mix of aero advantage and DIY servicing practicality, although we'd change the carbon cockpit. It's the Exocet that wins for performance and custom component value.



THE BIKE TEST SPEC SHEET



Canyon SPEEDMAX AL

£2,199 canyon.com

FRAME AND FORK

Size tested Sm
Sizes available Xs, Sm, Med, Lge, XLge
Weight as tested 8.66kg
Frame Canyon Speedmax alloy
Fork Canyon Aero carbon fibre

TRANSMISSION

Chainset SRAM Force 53/39T
Bottom bracket SRAM Force
Cassette SRAM Force 11-25T
Derailleurs SRAM Force
Shifters SRAM SL1150 R2C

WHEELS

Front Reynolds Strike carbon
Rear Reynolds Strike carbon
Tyres Continental Grand Prix TT 22mm

OTHER COMPONENTS

Stem Canyon V15 90mm
Bars Profile OZERO TT 400mm
Headset Tange Seiki Technoglide
Saddle Fizik Ardea Tri
Seatpost Canyon Speedmax carbon aero
Brakes Profile levers with SRAM Force brakes



Dolan SCALA

£1,999.99 dolan-bikes.com

FRAME AND FORK

Size tested Sm
Sizes available Sm, Med, Lge, XLge
Weight as tested 8.06kg
Frame Mitsubishi MR70 carbon fibre
Fork Mitsubishi MR70 carbon fibre

TRANSMISSION

Chainset Shimano Ultegra 6800 53/39T
Bottom bracket Shimano BB86
Cassette Shimano Ultegra 11-28T
Derailleurs Shimano Ultegra 6800
Shifters Shimano Dura Ace 9000 BSR

WHEELS

Front Mavic Cosmic SLS
Rear Mavic Cosmic SLS
Tyres Mavic Yksion Pro Griplink/Powerlink 23mm

OTHER COMPONENTS

Stem Deda Zero 110mm
Bars Alpina Carbon TT V2 cockpit 420mm
Headset Alpina 45x45
Saddle Fizik Tritone
Seatpost Scala carbon aero
Brakes SRAM TT500 levers with TRP Integrated brakes



Planet-X EXOCET2

£1,999.99 planetx.co.uk

FRAME AND FORK

Size tested Med
Sizes available Sm, Med, Lge, XLge
Weight as tested 8.49kg
Frame Exocet2 T800 Toray carbon fibre
Fork Exocet2 T700 Toray carbon fibre

TRANSMISSION

Chainset FSA K Force Light 386 carbon 53/39T
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Cassette SRAM PG1130 11-26T
Derailleurs SRAM PC1130
Shifters Shimano Dura Ace 9000 BSR

WHEELS

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Rear Planet-X 60mm
Tyres Hutchinson Atom Reinforced 23mm

OTHER COMPONENTS

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Bars Planet-X Stealth carbon 400mm
Headset FSA
Saddle Selle San Marco ERA Dynamic Tri
Seatpost Planet-X Exocet2 carbon
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TRAIL SHOES

Looking for a pair of trainers with support, traction and protection to see you through winter? We tested six of the best to help you choose, so all you have to focus on is enjoying the run...



1 HOKA SPEEDGOAT £110 hokaoneone.com

It may appear unathletic, but boy does this shoe love rocky off-road terrain. Hoka fans will already know about the elevated, pillow-soft ride the shoe provides, but even they will be amazed at the comfort and support supplied without that previous bulky feel. A Vibram outsole and impressive 4mm lugs mean this will cope with plenty, but equally the competitively light weight means they're not adverse to picking up the pace.

OVERALL



2 MAMMUT MTR 201 PRO LOW £120 mammut.ch

This is a shoe that takes rugged ground in its stride. There's a sticky sole with good lugs that grip well across a range of terrain. The upper is secure and robust with a strong toe bumper, and the laces adjust to give a secure fit.

In terms of cushioning, it performs well on hard ground and there is also a good level of support, including through the midfoot. These are not light or speedy but certainly ideal for long hauls on demanding ground.

OVERALL



3 LA SPORTIVA HELIOS SR £100 lasportiva.com

These have a lightweight and springy feel and the upper has great fit and flexibility to go well with that midsole flexibility, particularly at the forefoot. The cushioning is set for a speedy ride while the lugs and level of stickiness on offer from the rubber outsole give a confident feel on a mix of underfoot conditions, including soft ground.

Pushing the pace is easy enough in these shoes although for longer runs or tougher terrain you may feel you need a shoe that is more rugged. But for speed these are hard to fault.

OVERALL



4 SALOMON XA PRO 3D GTX £120 salomon.com

Okay, this is not a lightweight, responsive shoe but if you are out for long periods on tough ground this is the shoe you want. The speed lacing adjusts to a good fit and there is enough cushioning and protection for hard and rugged ground. The support and stability is good in terms of both the midsole and the upper construction. The grip works well on most surfaces although you may want a bit deeper tread if you are spending you're your time on sloppy ground. The weather-proofing and gusseted tongue keep the elements out too. **OVERALL**



5 MERRELL ALL OUT CHARGE £95 merrell.com

This has the feel of a hybrid shoe that is at home on trails and the road alike. The tread works well for decent grip on most off-road surfaces. The upper fits and flexes well staying secure without being restrictive. The cushioning and midsole have a good balance so there is a touch of softness that feels forgiving while the shoe is firm enough and structured to also give stability. On really rugged terrain you might choose a shoe that is more robust but these will work well on lighter trails.

OVERALL



6 SAUCONY PEREGRINE 5 £100 saucony.co.uk

Light, grippy and the kind of shoe that encourages you to get a move on. The traction is superb, plus there's a rock plate to protect your foot from hidden stones and rocks, but not at the expense of speed. This is a low-profile weekend warrior packed with lightweight technology such as Saucony's Powergrid which makes for a smooth transition from heel to forefoot, resulting in a very flexible, comfortable shoe. Use them for thick mud or shorter, fast outings and you'll appreciate the response.

OVERALL



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- The race itself on Saturday 21st May
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- Awards Ceremony on evening of Sunday 22nd May

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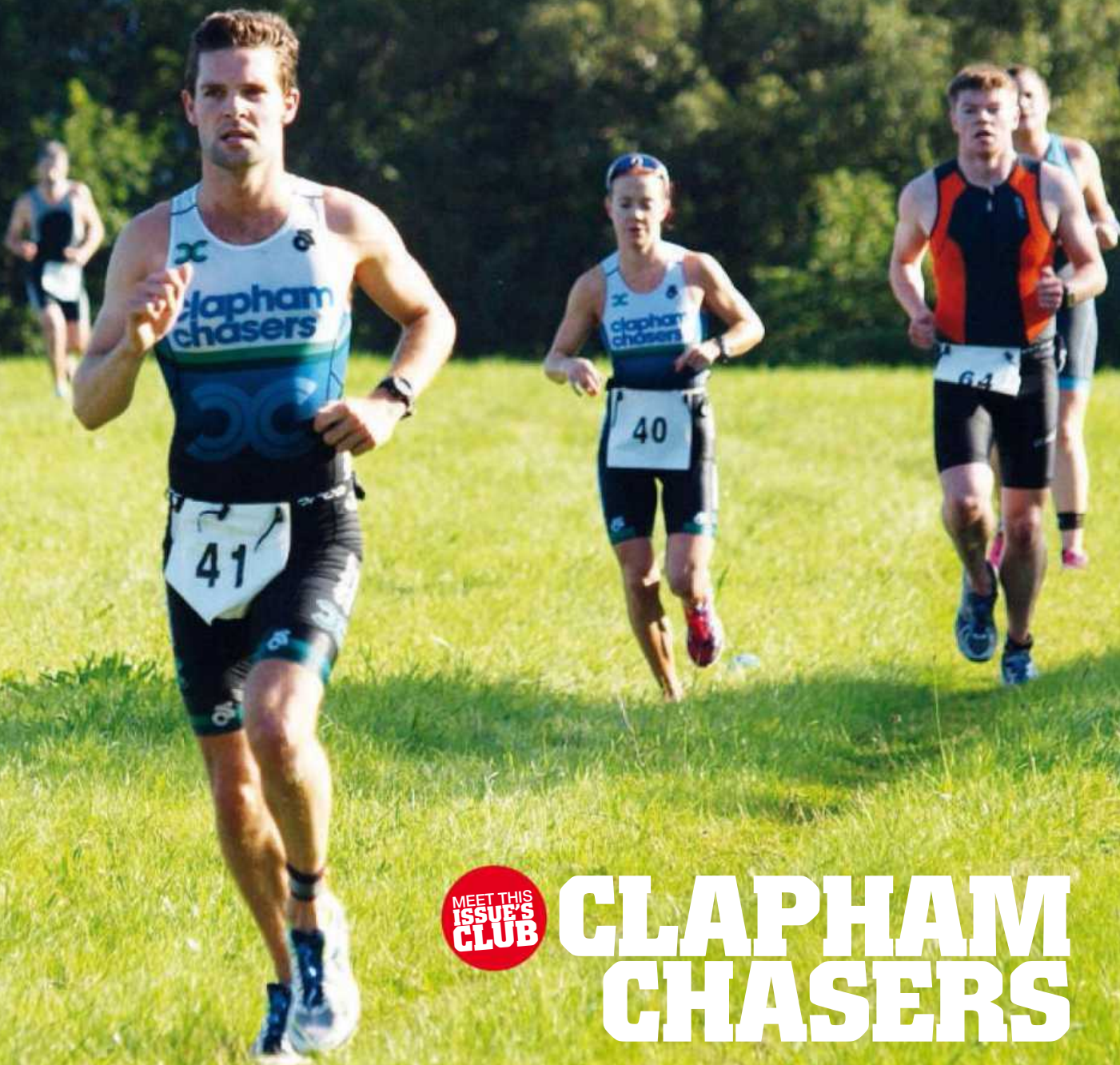
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MEET THIS
ISSUE'S
CLUB

CLAPHAM CHASERS

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ABOUT THE CLUB

CLAPHAM CHASERS



MEET THE COACH



Name Tim George

Specialism Swimming

Tim George (itriwithtim.com) is a Level 2 BTF coach with a strong background in personal training. He works alongside fellow coaches Andrew Potter (swimming), Dan Holmes (cycling/running) and Hamish Cropper (running). The team share a wealth of triathlon experience, competing and coaching at elite age-grouper levels, from sprint to Ironman distances, with a strong focus on the individual to maximise performance.

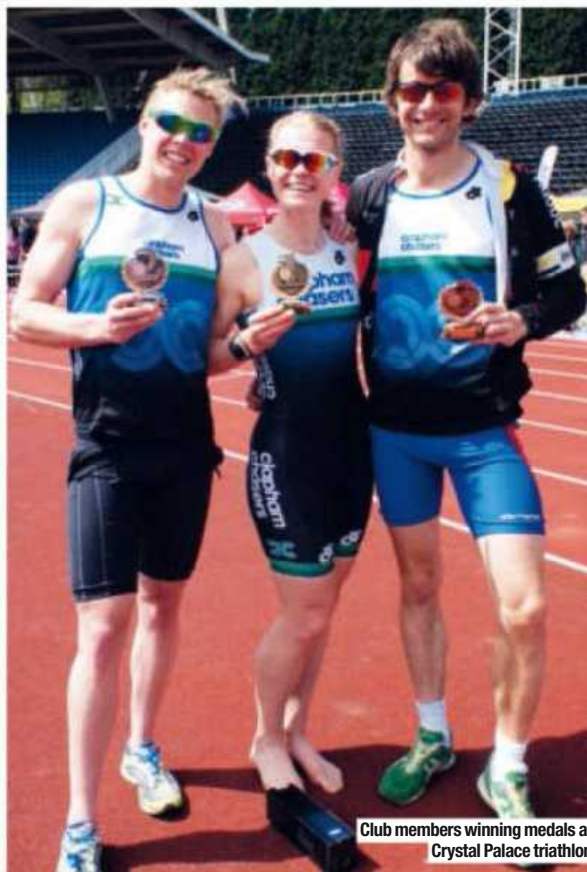
ABOUT THE CLUB

Clapham Chasers is an ambitious, sociable and inclusive club. We pride ourselves on being welcoming to all. Anyone with little or a lot of experience will find great sessions and fantastic people to train with. Those new to triathlon can join our novice triathlon programme that runs every spring. At the other end of the spectrum, athletes aiming to qualify for GB age-group championships or Kona will find other experienced and inspirational members who are going after the same goal.

As a club we target the London League race calendar which gives us a great selection of local races that appeals to everyone of all levels. The Lisbon Ironman 70.3 has become a regular fixture and we choose a specific Ironman race each year.

TRAINING AREAS

Swim training takes place at Clapham Leisure Centre, Ernest Bevin pool in Tooting, Tooting Bec



Club members winning medals at Crystal Palace triathlon

Lido and Shepperton lake. We run at Battersea Park athletics track, Richmond Park, Clapham Common and trail sessions take place in the Surrey/ Sussex area.

In summer, cycling sessions are held in Richmond Park while winter spinning takes place at Virgin Active in Wandsworth. There's also a weekly group ride on Saturdays to Surrey, Sussex and Kent that is around 80 to 100km in distance with anything from 700m to 1,300m of climbing.

TOP TALENT

Lucie Custance is a top age-grouper in short distance and is currently hitting the podium on the long distance circuit. Hamish Cropper and Alan Scott are top long distance triathletes and are performing brilliantly on the swim/run circuit winning the Breca Buttermere swim/run 2015 and coming sixth in last year's Ottilo swim run.



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QUICK GUIDE

Forget breathing in, it's time to breathe out

Andrew Potter and Tim George explain why exhalation is the secret to a successful and speedy swim, whether in training or on race day

Breathing is the biggest challenge for triathletes and newer swimmers, because it can severely affect your balance in the water and cause you to develop stroke mechanic issues. We look at how to improve your breathing, focusing specifically on the exhalation element.

Swimmers are often obsessed by the need to breathe in when in fact the focus should be on breathing out. Improving your exhale efficiency will improve relaxation and balance by

eliminating the need to spend precious air-time finishing the exhale therefore over-extending the time the head is above water. Follow our guide below to improve your breathing technique.

1 ENGAGE YOUR DIAPHRAGM

The exhale is best controlled from the diaphragm as the rate can be controlled, just as you might when you're out of the water and relaxed. It should not feel like you are blowing out a candle or blowing your nose!

HOW CAN I PRACTISE?

We incorporate breathing pattern variations within our swim sets, which trains strong, steady exhalation. This has the additional benefit of helping your body deal with lactic acid build-up. Try these breathing pattern variations:

8x 25m steady pace breathing every 3, 5, 7, and 9 strokes. Repeat twice

As you become more advanced, you should be able to easily exhale steadily for 25m without taking a breath.

2 USE YOUR NOSE

It's up to you whether you exhale through your nose, mouth or both, but you will see most strong swimmers predominately using their nose. As soon as your face returns to the water after breathing in, your exhale should start and continue to the point where the head turns again for air. This is known as trickle breathing.

3 DON'T HOLD YOUR BREATH

The rate of your exhale can be steady or increasing, but at no point should there be a pause or your breath held. Any holding of your breath can severely impact on technique as it causes a build-up of carbon dioxide and therefore lactic acid in the muscles. This will ultimately force you to stop to recover.

4 AVOID EXPLOSIVE EXHALATION

Another problem with holding your breath is that your exhalation will be more explosive. This is fine for a sprint of 100m, but is no use for triathlon. Over any usual triathlon distance, this will result in you wanting more air-time, resulting in you lifting your head to breathe (at Clapham Chasers, we call this "checking the weather"). This leads to your hips sinking or your arm stroke becoming a grab, which is neither efficient, nor fast. Try humming as you exhale to keep your breathing steady.

5 TOP UP TECHNIQUE

When you breathe out, it can be a good idea to leave some air in your lungs, avoiding breathing out fully. This sounds counter-intuitive, when in fact the air left behind will support your upper body. Plus it will give you the flexibility to deal with a poor inhalation, by enabling you to go through another two strokes before breathing in again if you have to.

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QUICK GUIDE

Drills to charge your pedal power

Triathletes who can hold their own on hill climbs often find they struggle on the flat. **Dan Holmes** of Clapham Chasers explains how to boost your bike leg

Many less experienced triathletes get frustrated when they cycle with pure cyclists, and the recurring issue tends to be that although they can hold their own on the hill climbs, they find it difficult to keep up on the flat sections. To them, it feels like this should be the other way round, but what this highlights is a lack of pedalling technique.

On the hills, the resistance is increased, therefore you have a natural resistance to work against to generate power. By improving your technique you can still generate the power without added

uphill resistance. This will not only allow you to keep up to speed on the flats, but more importantly it will reduce your cycling splits.

Here are some excellent sessions to perform in the winter as they are not reliant on peak fitness to get the benefits. Use your rides to have a bit of a play to learn better control of your own style and to find out what works best for you. These drills will improve your technique and your power-generation on the flat and you don't even need a power meter.

UP AND OVERS

- Find a stretch of road that has a slight incline and then levels off,



BENEFITS OF A POWER METER

A power meter will help you analyse your pedalling and effort level. Unlike your heart rate, there is no delay in feedback and it removes all other factors such as wind, gradient and road surface that can affect metrics such as speed. The bottom line is, it shows you how well you're riding, which is not the same as how hard you're riding, or the speed you achieve.

ideally about 3-5 per cent and takes about 90 seconds to climb.

- Stay seated with your cadence around 85-90rpm, really focusing on engaging your whole leg. Feel like you are pushing and pulling, using your hamstrings and your quads to make powerful circles. This should be hard work.
- As the road flattens out, focus on maintaining that feeling of powerful pedalling. You will have to change gears here as your cadence should increase.

TIP: When on a training ride, always try and push on over the top of any climb for 90 seconds for extra practise.

TURN IT ON AND OFF

- When out on a ride or a trainer, set a one-minute timer that repeats times. Follow these sets:
 - Minute 1: Relaxed, smooth, continuous pedalling.
 - Minute 2: Engage your legs. Increase your pace by making the whole pedalling action more powerful, pushing and pulling.
 - Minute 3: Hold a high cadence at your increased speed.
 - Minute 4: Relaxed, smooth, continuous pedalling
- Repeat five times.

TIP: Short intervals with generous recovery allow you to concentrate on your technique without fighting too much fatigue.

CADENCE RAMPS

- Use a gym or Wattbike that can measure your power.
- 10 minutes warm-up varying your cadence and the resistance.
- 6x3min intervals at 75, 80, 85, 90, 95 and 100rpm.
- Have a one-minute rest between each interval at whatever cadence feels comfortable with very little resistance.
- As you increase cadence with each interval, decrease the resistance so that your power output reads the same.

TIP: By breaking it down, you will learn to maintain power output at your most comfortable cadence. You should aim to target this cadence level on race day.



HOW TO

Benchmark yourself through the off-season

Knowing where you're at is the trick to further improvement over the winter, says Clapham Chasers' coach, **Tim George**

After a busy season many of you will be taking a well-earned rest to allow your body and mind to recover. However, soon it will be the perfect time to turn your attention to your foundations. The first place to start is to set some benchmarks, so you can set improvement goals for the winter and keep your focus and motivation high. This is best-achieved where progress is easily measurable, which is why we have introduced tests you can do in the pool, on the exercise bike and at your local Parkrun where you can benchmark your performance.

HEAD TO THE POOL

A classic benchmark test is swimming golf (swolf), which is aimed at measuring stroke length and time together to give you an efficiency score. As stroke length increases it is common for a swimmer to slow down because their stroke rate can drop. However, if you're able to swim 2cm further per stroke at the same stroke rate, then over 1500m you will have gained around 25m.

- Swim 4x50m, 1min with rest intervals
- Measure time for each 50m and count the strokes taken for the distance
- Add the time in seconds to the total number of strokes taken for the 50m to give you your swolf score.

TIP: To make it easier, count your strokes for each 25m of the 50m and add them together. For example 50m in 45 seconds with 19 strokes per length would give $45 + 19 + 19 = 83$ swolf score

TIP: Vary how you swim each 50m to try and find your optimal balance between strokes per length and effort (stroke rate). Achieving the most efficient stroke while maintaining speed is the objective here.



TYPICAL SCORES

Novice age-group triathlete (+30min 1500m); 50m 52s + 23 strokes + 23 strokes = 96

Good age-group triathlete (27/28 min 1500m); 50m 43s + 18 strokes + 19 strokes = 80

Top age-group triathlete (<21 min 1500m); 37s + 15 strokes + 15 strokes = 67

Olympic swimmer (15min 1500m); 26s - 28s + 15 strokes + 15 strokes = 58

Image Shutterstock

HOP ON YOUR TURBO

The most important thing is to have a test that you can easily do again and by being indoors you are removing a lot of the variables that can affect cycling outdoors, such as wind and road conditions. Perform this basic template once every four weeks. You can also record and compare your cadence, heart rate and power output alongside distance. The more information you can gather, the more it can tell you about what your level is, and how you're progressing.

- 10 minutes steady warm up.
- Ride for 5 minutes at best effort; record your distance.
- 10mins easy pedalling recovery.
- Ride for 20 minutes at best effort; record distance.
- Cool down until heart rate lowers.

TIP: To ensure consistency, make a note of what resistance you are using throughout.



FIND YOUR LOCAL PARKRUN

A really simple, fun and cost-effective way of measuring your run fitness over the winter months is to participate in your local Parkrun. These are free 5km timed runs that take place in parks all over the country every Saturday morning.

Find your local Parkrun at parkrun.org.uk and sign up. Simply attempt the same course over a number of weekends and note your time.

The competitive aspect of running with others will ensure an honest effort and you should hopefully see your times improve as your training elsewhere kicks in. The prospect of coffee and cake afterwards should be enough motivation even on the coldest of mornings.

MAKE IT WORK FOR YOU

Once you know how fast you can go over a set distance, you can use this to inform your training. If, after a hard training phase, you haven't seen an improvement, consider the type of training you're doing, the volume, your general lifestyle, and if you're getting enough rest to make those critical adaptations.

Next month in
Triathlon PLUS

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QUICK GUIDE

The perfect time to go cross country

There's no reason to limit yourself to the same old roads this winter, says Clapham Chaser's coach **Neil Aitken**. Why not hit the trails?

Given the busy schedule of a triathlete's training calendar over summer, the strength or hill runs are more likely to be ignored in favour of track, tempo or longer run sessions. This is why, once the triathlon season winds down, all triathletes should be thinking about cross country. Here's why...

IT'S FAST AND IT'S FREE

The race distances are generally around five miles of hilly, muddy terrain, and although conditions are often cold, the high intensity and the short distance means you warm up quickly. What's more, if you're part of a local running club,

cross country events are free to enter.

IT'S HIGH INTENSITY

Cross country races are an ideal way to improve your running strength as they are a great workout for your legs and lungs. You will be hard pressed to replicate a training session at the same intensity which means the physiological benefits will be all the more noticeable. Before you know it the race is done and you have banked a high intensity strength session.

YOU'LL STAY COMPETITIVE

Cross country also presents one of the rare times at our club



CROSS COUNTRY TIPS

- When running uphill, shorten your stride and focus on landing toes first. If the hill is long and steep don't be afraid to walk. It's often quicker than running.
- The natural response to running downhill is to lean back landing heels first. The fastest descenders lean forwards down the hill, landing on their forefoot.
- Don't go out too hard. Most races are multi lap courses. Plan to run a steady first lap so you can build into the race.

where triathletes will pit themselves against the road runners to vie for the honour of superior endurance athlete. While the official competition is between clubs, the best battles are with your fellow club mates. Plenty of others just come out for the child-like fun of running around in the mud.

YOU'LL GET TOUGH

In addition to the physiological benefits, cross country races hone an intangible quality that is invaluable for triathlon: mental toughness. Once you've survived five miles of brutal, muddy trails, that 5km run at the end of a sprint triathlon along smooth flat tarmac is going to feel like a walk in the park by comparison.

THE PROS DO IT

When Alistair and Jonathan Brownlee aren't placing on podiums around the world they still compete in cross country competitions during the winter. If it's good enough for the elites, then why not you too?



FUNDAMENTALS

Rotate your training

Striking a training balance is the key to continued improvement, says **Tim George**

Athletes who want to increase their performance will often be given this tip: swim with swimmers, cycle with cyclists and run with runners. With that in mind, I often coach athletes who see every session as a chance to push themselves and enjoy the challenge of going hard each time. The problem, though, is that after a couple of months these athletes are tired, and their initial improvements have plateaued.

ROTATION RULES

As a triathlete trying to juggle three disciplines, it is important to keep a healthy balance of intensity across all of them. One way of doing this is to split the club sessions you can attend and alternate them each week.

For example, in week one you could attend the track run and threshold swim, week two would see you at the club turbo and tempo run sessions, while week three would be the threshold swim and club ride.

This approach allows you to maximise the benefits of group training sessions by being

fully recovered and rested for them. With all the other demands on your time, sometimes less (with greater quality) is more.

An alternative is to have different blocks, where you focus on one of the three sports. For example you could cut back your bike and run volume but attend all the club swim sessions for a month, then switch focus to another discipline. So in month one you would attend all the club swim sessions, in month two it would be the bike sessions and in month three, the run sessions.

If you try this approach, make sure that overall you keep a balance of intensity across the week to allow you to train consistently. This is the best way to see guaranteed results. To avoid boredom, you could halve the cycles into fortnights instead of months, or perhaps slot in a gentle session of the other disciplines into each cycle.

THE BENEFITS

The benefits of rotating are both physical and psychological, including more time for recovery and adaptation, and less risk of injury. Rotating also ensures there are no boring weekly routines as your body is

continually adapting to changing demands. You'll also find there's a clearer indication of progress, improved resilience to the unexpected and mental freshness.



MAXIMISE YOUR SPECIALISM

Clapham Chasers started as a running club, which means that at our track sessions you'll find no shortage of people to encourage you to work hard. There is no doubt this is excellent training but it is important to make sure you keep an eye on how it fits into your individual training.

As an example, for the top Clapham Chasers runners, 'Tuesday Track' will be their highest intensity session of the week. They will probably run another five times but at much lower intensity to ensure recovery and adaptation.



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